

Better Homes & Gardens®

NEW
SPINS ON
CLASSIC
POPS
p. 52

Ready,
Set,
SUMMER
CHILL, GRILL, AND
GET OUTSIDE



EASY
CONTAINERS
FOR EVERY
PATIO

29

IDEAS FOR FOOD AND FUN ON THE FOURTH

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Life is busy, and after a long day, you need a soothing sanctuary for a good night's sleep. Whether your bedroom is big or small, it's important to give yourself the room to feel calm and relaxed because quality sleep is vital to your overall health and wellness. Design expert **Niña Williams** of Niña Williams Blog is sharing her favorite décor tips for a bedroom setting that promotes tranquility.



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—Niña

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—Niña

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PHOTOS: (CORN) CARSON DOWNING, (FOURTH) QUENTIN BACON, (GARDEN) HOLLY LEPERE, (BEDROOM) CARMEL BRANTLEY
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EDITOR'S LETTER

Our beautiful cover of frozen treats inspires me to confess something: I love ice cream—perhaps a little too much. (I enjoy it enough that I try not to keep any in the house.) It will come as no surprise that ice cream was a big part of my childhood. My dad, not normally a man with a sweet tooth, was like a little boy in its presence to the end of his long life. Every Saturday night when I was young, my parents invited people over for a cookout. Usually, the guests were a mix of students from the nearby university, new members at church, or old family friends. The table was always full of life and conversation. There I learned valuable lifelong lessons on how to conduct myself at a table, when to be quiet and listen, and when to try to add something to the conversation. These meals were also special because they were anchored by two of my favorite things: BBQ (hamburgers, brisket, chicken, German sausages) and homemade ice cream.

It was a sign of my dad's obsession that he insisted that we hand-churn the flavor of the

week. He said doing it that way made it taste better. But I never remember him actually spinning the

handle. Each of us three boys had to take a turn cranking the big White Mountain wooden bucket with its metal and wood-blade dasher; meanwhile, my sister got to read a book, which I was a little cranky about. It seemed like my turn lasted forever as I stood on a stool next to the sink and cranked away, groaning dramatically for anyone who'd listen. No one ever did.

I was fascinated by the transformation of the custard my mom had cooked on the stove into the soft-serve ice cream in my bowl. I was intrigued by the addition of rock salt to ice so it would melt into a super-chilled slurry around the metal canister. Pulling the dasher out and scraping it clean with a spoon was always a good preview of the flavor. Most often it was fresh strawberries or peaches from the truck farmers, sometimes Maraschino cherries from a jar. Remembering this Saturday night ritual from my childhood,



I was inspired to buy an old crank model and discovered that White Mountain, founded in 1853, is still making its white pine barrels the same way.

For many of us, ice cream or any frozen treat is the stuff of memories. Mine include Baskin-Robbins as an after-church reward for memorizing Bible verses. Strolling around Paris with a cone from Berthillon. Eating gelato in the Piazza Navona in Rome. Enjoying a roadside shave ice in Hawaii. And having our executive editor (and artisanal ice cream maker), Oma Blaise Ford, bring in one of her amazing flavor combinations to the office.

What is it about frozen sweetness that transports us so? Perhaps its fleeting nature. In hot weather we really have to devote ourselves to lapping up the frozen delicacy before it loses its magic and reverts to a liquid state. Ice cream requires our undivided attention.

This summer, I'm going to dive back into ice cream making. Maybe the hand-cranking will serve a dual purpose—a fun old-fashioned activity for friends at a cookout and, more importantly, just enough labor and trouble that I won't overindulge all summer.

STEPHEN ORR,
Editor in Chief
instagram @steporr



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Pinch salt, not yourself.

No, it's not a dream. It's a beautiful, sustainable and affordable quality kitchen. We even have a team of professionals to help you every step of the way, from measurement to planning to installation – even financing options. Oh, and did we mention it has a 25-year warranty? On second thought, maybe you do need that pinch.

Learn more at IKEA-USA.com/Kitchens

What's included in the price? The kitchen price includes cabinets, fronts, hinges, cover panels, deco strips/moldings, legs and toekicks. All kitchens also include soft-closing hinges. Your choice of appliances, lighting, knobs/handles, sinks, faucets, countertops and interior accessories are sold separately.





July 4th Bingo

Our printable bingo card is full of prompts for a fun Fourth: Craft something red, white, and blue; fire up the grill; and make a day of backyard games.

Check off activities until you have four in a row, or shoot for the stars and do all 16.

[BHG.com/JulyBingo](https://www.bhg.com/JulyBingo)



NIGHT LIGHTS

Not much can improve on a lovely summer evening, but string lights stretching over a patio is a sure ambience-booster. Our tutorial breaks down exactly how to install them.

[BHG.com/HangLights](https://www.bhg.com/HangLights)



[EXCLUSIVE OFFER]

Spark One Grill

"This grill is the best of gas and charcoal combined. Like a gas grill, all I have to do is flip a switch to turn it on. The electric ignitor fires up a specialized charcoal Briq that gives food the smoky, grilled flavor I love. And I can monitor the cooking temperature from my lawn chair with an app." —SHEENA CHIHAK, food editor



Hover your smartphone camera over this code for \$100 off the Spark One Starter Bundle (usually \$999), which includes grill, 10 Briqs, temperature probe, and bamboo cutting board. Offer valid June 10 through July 10, 2021.





EASY PREP. EASY COOK. EASY CLEAN.
Tough and durable to prevent rips and tears. It's dinner made easy.



Combine lemonade, pink lemonade, and sparkling water or lemon-lime soda for a sweet-tart punch.

HOLIDAYS

HAVE A SPARKLING FOURTH

Celebrate America's 245th birthday with an outdoor Fourth of July get-together that's big on spirit and low on stress.

We figure you have the burgers and hot dogs under control, so we've gathered a few special treats and craft ideas that are easy to pull off and will help make your party pure fireworks.



STARS & STRIPES ICE CUBES Dress up the punch bowl with flavored ice cubes. For the striped cubes, we layered pureed raspberries, canned coconut milk, and pureed blackberries in an oversize square ice cube tray. (Full recipe on page 87.) To make the saturated red star cubes, use a food processor to blitz 1 cup **freeze-dried berries** to a powder, mix into 2 cups **water**, and freeze in a silicone star-shape ice cube tray.

They look ferocious,
but inside they're just
chicken raised with
no antibiotics ever.



Keep it real.
Keep it Tyson.

A child's meal is presented on a light blue plate. The meal includes several pieces of golden-brown Tyson Fun Nuggets, some sliced fruit (apple, orange, and lime), and a small pool of ketchup. In the background, there's a red toy car, a green toy dinosaur, and a clear plastic cup with a green straw containing a light-colored drink. The plate is set on a blue textured placemat. A white napkin with a green and blue patterned border is tucked under the plate. A circular graphic on the right side of the plate contains the text "Look for NO ANTIBIOTICS EVER! on pack".

Look for **NO ANTIBIOTICS EVER!** on pack

A box of Tyson Fun Nuggets is shown at the bottom right. The box is red with a green "100% ALL NATURAL INGREDIENTS" label and a blue "FUN NUGGETS" label. It features an image of the nuggets and a green "NO ANTIBIOTICS EVER!" label. A small green cartoon dinosaur is at the bottom. The text "MADE WITH WHITE MEAT CHICKEN" is also visible.

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MINI CUPCAKES

Finish marbled mini cupcakes with piped dollops of festive swirled frosting.



» A stripe of blue gel food coloring in the piping bag creates the marbled frosting effect.



For marbled cupcakes, tint some of the batter with food coloring to swirl into the plain batter before baking. We grouped the cupcakes in a star shape then frosted them en masse with a piping bag for pull-apart treats that also serve as a centerpiece. (Recipe on page 86.)



MELON STACK

A mint-lime drizzle delivers bright contrast to super-sweet melon in these serve-yourself fruit kabobs. Slice, peel, and stack cross sections of melons, then skewer the stack with festive picks and slice between them. Top with mint-lime drizzle: Whirl together 1 cup **fresh mint leaves**, 1 Tbsp. **lime juice**, and 2 Tbsp. **olive oil** in a food processor.

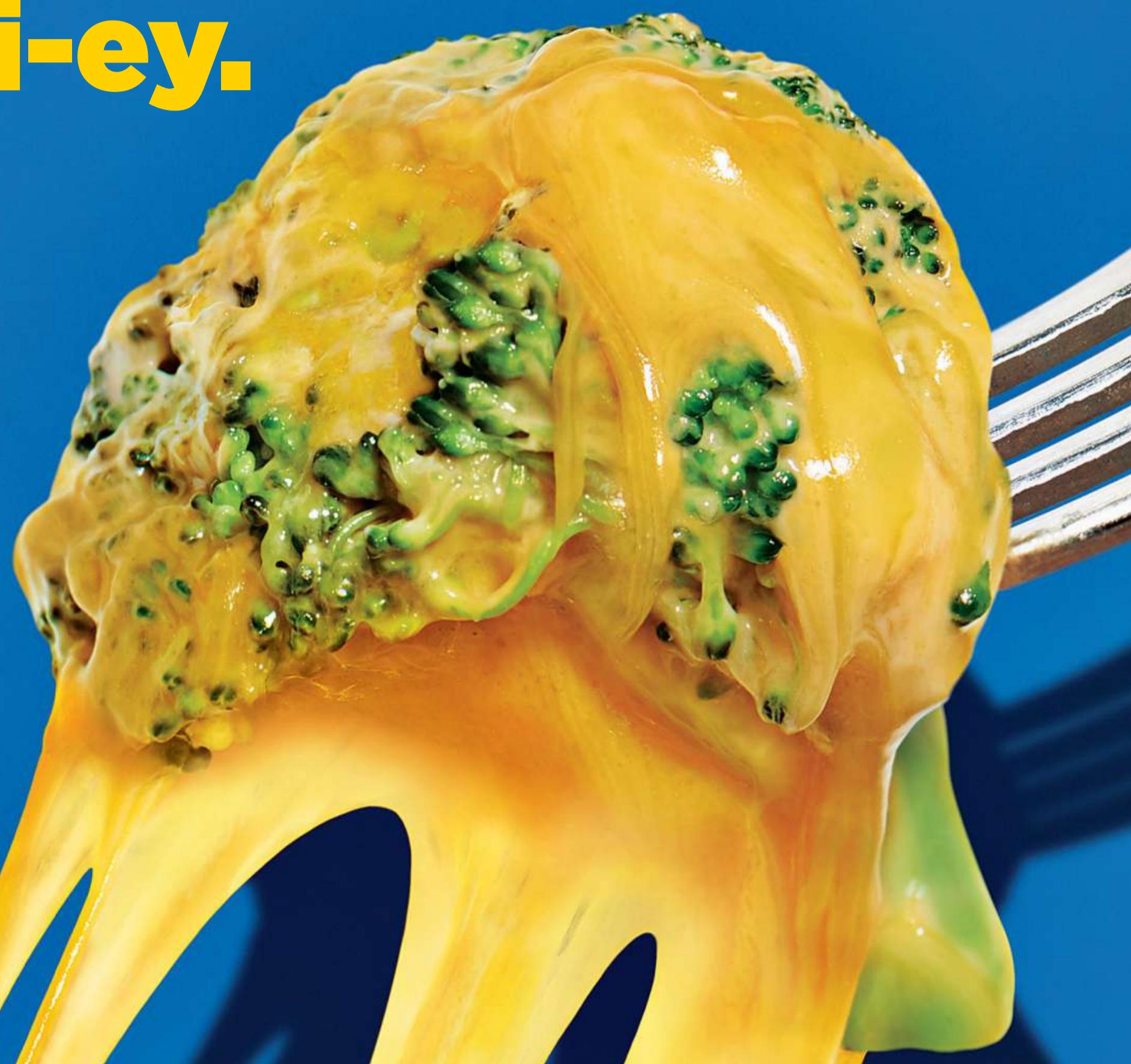
sheet-pan flag nachos

A savory take on the ubiquitous flag cake, these nachos are baked on a sheet pan to feed a crowd. A layer of refried beans creates a sticky surface for white and blue corn tortilla chips striped with cheese and roasted cherry tomatoes. Finish the flag with a few piped stars (or dollops) of sour cream. (Recipe on page 87.)



» Vinyl stickers decorate a sheet of durable sailcloth for an outdoor tablecloth or runner.

**Makes
broccoli less
broccoli-ey.**



Kraft

For the win win

© 2019 Kraft Foods



* PHOTO BOOTH

Deck out a backyard photo booth with star-spangled props, and prep partygoers for their close-ups. Download printable templates for the props, then trace the patterns onto chipboard or cracker and cereal boxes salvaged from the recycling bin. Cut out, paint or color, and hot-glue to dowels. Find the templates at BHG.com/JulyIdeas. ■



Hover your smartphone camera over this code for our printable templates.





STACK IT. BUILD IT. MIX IT UP.





APRIL '71

Solid green velvet sofas balance the intricate trellis wallpaper.



3

4



5



6



7



8



9



1



2

trellis

When we flipped through 99 years of BH&G issues, trellis motifs popped up again and again, decade after decade. And no wonder, the graphic framework of crisscrossing lines and geometric shapes is timeless—outside in the garden or

inside on walls, furniture, or fabric. Also referred to as lattice or fretwork, the pattern lends itself to modern adaptations such as bamboo lines rendered in punchy hot pink or a version done entirely in dots on wallpaper.

1 PILLOW

Better Homes & Gardens Collection®
Coral Tufted Trellis, \$16;
walmart.com/BHG

2 TABLECLOTH

Rose Bamboo, from \$64;
pomegranateinc.com

3 WALLPAPER

Traverse in Dark Green, \$140 for double roll;
astreetprints.com

4 WALLPAPER

Chinois Lattice in

French Blue, \$96 per roll; annieselke.com

5 PENDANT

Bamboo Rectangular, \$349 for small;
ballarddesigns.com

6 ACCENT CHAIR

Line Lattice Teal by Skyline Furniture,

\$411; bedbathandbeyond.com

7 PAPER

COCKTAIL NAPKINS
Hummingbird Trellis, \$6 for 20;
casparionline.com

8 CANAPÉ PLATES

Newport Blue, \$65 for four; caskata.com

9 RUG

Jeannine Indoor/Outdoor in Dark Green by Safavieh Courtyard, \$40 for 4'x5'7";
overstock.com ■



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MAKING MOBILES

For this month's "Book Club," copy chief Maria Duryée and art director Jarret Einck fashion colorful paper mobiles.

WHY WE CHOSE IT

Author Karolina Merska admits to an obsession with Polish folk art and a passion for reviving the dying art of making traditional mobiles called *pajaki*, which symbolize health and happiness in her homeland. The colorful paper flowers tied to airy strings of straw, dried peas, and paper appealed to a romantic streak in us too.

WHAT WE DID

Although Merska's book has eight contemporary projects with materials like brass and foil, we each opted to make one of her seven traditional versions: the *Kalinka* mobile, *top left*, and the *Zofia*, *above right*. We were a little intimidated but called on our crafting courage to see if we could achieve these whimsical results.

We gained confidence as we figured out tricks at each step. Jarret realized that threading soaking peas is drippy but easier than when they are dry. I found

holding the hoop flat against the table while someone else knotted the strings ensured my mobile hangs level.

THE TAKEAWAY

Even with step-by-step photos, we both faltered trying to make the crepe paper flowers and tissue paper pom-poms. And Jarret is still threading peas.

While there are simpler projects in the mix, it's worth noting that this book will be most satisfying to skilled crafters or ones who will take as much pride in mastering a tricky technique as from hanging the results.

—MARIA DURYÉE ■



«
Making
Mobiles, by
Karolina
Merska
(\$30; rizzoliusa.com)



Nice home. Nice garden.
You deserve a nice
heart-healthy breakfast.

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THE NEW FIX-IT KIT

The right tool is vital to a successful repair job. So we asked these DIY pros for their most trusted tackle-anything tool bag upgrades.



1
DANIELLE GUERRERO

@ournestonpowell
HUSKY 15-IN-1 PAINTER'S TOOL, \$7

"I bought this because I can never find a paint lid key. But now anytime I don't have just the right tool, this one saves the day. Lately it has been a chisel and a crowbar to take off baseboards."



2
LIZ MORROW

@liz.morrow
ARROW TRUTAC STAPLER, \$13

"This is smaller and lighter than a lot of staple guns, so I keep it handy for upholstery projects and other quick repairs. It's 'forward action,' which means you push down right over the staples. Much easier!"



WORX 4V BATTERY SCREWDRIVER, \$50

"Right-sized for jobs that need a little elbow grease (think painted-over screws) or assembling IKEA furniture."

—DIANA DICKINSON,
BH&G features editor



3
TIMISHA PORCHER

@toolboxdivas
WISS 10" OFFSET SHEARS, \$12

"These are not my mama's good fabric scissors. I can go back and forth between materials without ruining the blade. I've cut cardboard, rope, leather, plastic, even flooring."



4
JEN WOODHOUSE

@jenwoodhouse
MILWAUKEE 16' AUTO LOCK TAPE MEASURE, \$11

"I own several tape measures, and I always find myself reaching for this one because of the auto-lock feature and the easy-to-read tape."



5
MONICA CHAVEZ

@house.of.esperanza
RYOBI 18V ONE+ FULL SIZE GLUE GUN, \$30 (TOOL), \$99 (WITH BATTERY)

"The battery makes this tool portable, so it's possible to craft, fix, and create anywhere." ■



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DR. ANNIE VALUSKA



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beauty



SEEK SHADE
Sunscreen is a must for outdoor adventures, but clothing protects your skin too. Bring a tightly woven long-sleeve shirt and a hat for cover.

EDITOR'S PICKS

SUMMER BEAUTY GUIDE

The days are longer, the temps are higher, and no one wants to deal with a complicated beauty regime. The good news is that you can look and feel vacay ready even if you're staying in your backyard. We've rounded up fresh tips and the best new products to tackle sun, sweat, and chlorine or saltwater so you can spend more time wriggling your toes in the sand or swinging in a hammock with a glass of rosé and a good read.



HAT HAIR Yes, you can live in a hat all summer and look stylish. According to Ginger Parrish, founder and president of hat company Gigi Pip, the trick is to make sure you can see hair under the hat. Think a loose, low side ponytail, braid, or bun with a few wisps framing your face. "This works best with dirty hair or second-day hair that has a little grit and texture," Parrish says. If your strands are squeaky-clean, a dry shampoo quickly adds body. Try **Garnier Fructis Texturizing Invisible Dry Shampoo** in Beach Tonic (\$6; garnierusa.com).

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and stressed to bright and smooth.



+RETINOL

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OLAY
BODY CARE

FEARLESS IN MY SKIN

* vs. leading body wash
* after 14 days, based on clinical moisture retention data



MINERAL SPF

Spending time at the pool, on the beach, or in your yard? Slather on zinc-based

Coppertone Sport Mineral Sunscreen Face Lotion SPF 50 (\$11; target.com) for oil-free, water-resistant (up to 80 minutes) protection that won't run into your eyes.



DEEP CLEAN

Use weekly to remove chlorine residue, product buildup, and excess oil. **Odele Clarifying Shampoo (\$12; target.com)**. Color-safe and meant for all hair textures.

fuss-free summer picks



LEAVE-IN

If you want to Marie Kondo your styling routine, **Pantene Miracle Rescue 10-in-1 Spray (\$7; walmart.com)** hydrates, detangles, and protects from UV rays and breakage. Mist on damp hair to air-dry or before heat styling.



EASY GLOW

A touch of shimmer on the lids and cheekbones is all the makeup you need. **Burt's Bees Color Nurture Cream Eye Shadows (\$10; burtssbees.com)** come in three skin-flattering shades.



LIP TINT

Swipe on **Coola Mineral Liplux Organic Tinted Balm Sunscreen** (\$18; coola.com) for a dose of SPF 30, plenty of hydration, and a beautifully sheer wash of color. Choose from five summery shades.

AT-HOME FACIAL

This brightening and smoothing mask is a double treatment. Apply a thin layer for five minutes for a light chemical peel. Add water and massage to polish skin.



PORE PATROL

Alpyn Beauty Wild Huckleberry 8-Acid Polishing Peel (\$56; sephora.com) removes dull skin and unclogs pores with naturally derived chemical and physical exfoliants.

BODY BUFF

Sunscreen and sweat mean more showers. This body-smoothing cleanser comes in a bottle large enough to last until fall.



Olay Exfoliating Body Wash with Himalayan Salt & Pink Grapefruit, \$8; cvs.com



NO SWEAT

Underarm ouchies and wetness are the pits. **Secret Derma+ Antiperspirant (\$8; target.com)** is formulated with ingredients to soothe bumps and redness while keeping you dry.

PRO TIP

Hands and nails covered in dirt after a day in the garden? Model and avid gardener Summer Rayne Oakes suggests using an exfoliating body wash instead of hand soap to get them really clean. ■

Give Your Dry Eyes A Boost Of Hydration

SYSTANE® HYDRATION Preservative Free
eye drops help restore moisture to dry eyes
with the soothing relief of HydroBoost technology.

The Relief is Real®

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Survey of 40,000 people by Kantar. Winner Eye Care Category.

*vs SYSTANE® ULTRA Lubricant Eye Drops.

SYSTANE® Brand products are formulated for the temporary relief of burning and irritation due to dryness of the eye.

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Alcon

home



COLOR
**MELON
ORANGES**

One of the freshest updates you can make right now: Paint your walls fruity orange. It may sound like a bold idea, but these plucked-from-nature melon hues are creamy and mellow. Even when they're deep and lush, oranges from pale cantaloupe to rich papaya whisper rather than shout. The only questions are which one to pick and what to pair it with. Experts flesh out the juicy details on the next page.

**BH&G
INSIDER**

Become an Insider member for exclusive content, including how melon colors have been used through the years. BHG.com/Insider



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vintage refresh

If you want your walls to radiate warmth without making too strong a statement, look to pale cantaloupe. Emily Cosnotti of the design blog *The Sweet Beast* updated her 1920s bathroom, right, with a hushed melon that doesn't take attention away from the original tile. "It's a cheerful color but still classic," she says, noting the white and black tiles keep the space crisp and light.

“Melon tones are the evolution of Millennial Pink into something more elevated.”
EMILY COSNOTTI



eclectic cocoon

Rich melon hues offer all the perks of orange minus its tendency to feel spicy or boisterous. "They're warm, nurturing, and embracing," says designer Sara Bengur, whose papaya-tinted wall, left, juxtaposes vivid blue Iznik tiles from her native Turkey. Varied tones of orange in the rug and throw pillows build color without matching exactly.

“Color can feel as peaceful as a neutral if the tone is right—natural and muted.”
SARA BENGUR

dynamic accent colors



**EGGPLANT
1379
BENJAMIN MOORE**

Deep reddish purples up orange's richness without the sizzling contrast that bright purple would have. "Because of the shared red undertones, eggplant gives orange more depth," Bengur says.



**PATENT YELLOW
12-10
PRATT & LAMBERT**

Next to orange on the color wheel, yellow plays nicely with orange, and the combo evokes joy. "It's OK to have a little fun with color; that's what I did with the yellow lampshades," Bengur says.



**VIVID BLUE
4006-10C
VALSPAR**

Cool and complementary, bright blue balances rich orange; faded blue feels sophisticated against light melon. "It's a grown-up version of pastel blue and pink," Cosnotti says. ■



7:32 pm — Relaxed
9:47 pm — Neutral
12:03 am — Exhausted
2:26 am — Insomnia
7:10 am — Grounded
8:14 am — Joyful



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TROPICAL WONDER

Conjure the beauty of faraway locales without venturing out the door. Florida-based designer **Caitlin Deasy Kah** lays out essential decorating elements for rooms that feel like a permanent vacation.

Bamboo-inspired elements such as this drapery hardware are a hallmark of island style.



2

NATURAL FIBERS

The roughness of woven elements brings an informal air to a still-gracious table. Seagrass wrapped around glasses and hurricanes brings in the casualness of outdoor living, and braided abaca place mats emphasize the tropical feel.

Faux Phoenix
Palm Leaf
44", \$15 each;
cb2.com



1 / LUSH GREENS

If there's one defining characteristic of tropical style, it's the verdant green hues of jungly foliage. In this Palm Beach dining room, Caitlin Deasy Kah of Kemble Interiors channels the palm trees outside the windows with chairs upholstered in a hazy green ticking stripe. A more literal move: Cut monstera leaves add high drama on the table. (Faux palm fronds—now more realistic-looking than ever—work too.)





When your sneezes rock the boat

you may be muddling through allergies



Stick with the consistent allergy relief of ZYRTEC®
ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.

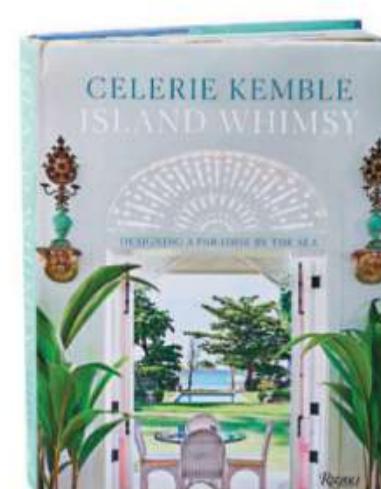
*Starts working at hour 1. Use only as directed.

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3 / CASUAL COMFORT

The breezy feel of coastal homes is designed to set people at ease.

Kah reinforces the call to relax with plush furnishings in high-performance fabrics, gauzy curtains, and pillows in postcard-perfect pastels—nothing too stark.



ISLAND WHIMSY
In her new book, Kemble Interiors principal Celerie Kemble dives into decorating a Caribbean retreat. \$55; rizzoliusa.com



4 / NUBBY RUGS

Natural-fiber rugs like sisal, jute, and seagrass have a tactile look and feel ideal for barefoot living. Rush House sells a customizable seagrass option. Buy the 9x12-foot rug (\$395), then cut off or stitch on additional 12x12-inch squares, *right*, to fit your space.

5 / SEA THINGS

Accents that reference ocean life are a natural part of tropical style, but Kah prefers less expected finds, like the barnacle cluster on the cocktail table and shell-encrusted votives on a bar cart, rather than common shells.



18" Faux Coraline Coral Fan, \$17; wilfordandlee.com

Seagrass Squares, \$48 for 12, \$12 for sewing kit; shoprushhouse.com

CANCER DOESN'T STOP. NEITHER DO WE.

FOR ONE NIGHT. WE STAND TOGETHER.



SATURDAY 8/21
8 ET/7 CENTRAL



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Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

“*TROPICAL STYLE IS SOOTHING AND CALMING. IT CAN TRANSPORT YOU TO A GETAWAY.*”

CAITLIN KAH, designer



6 VIBRANT CORAL

The color of fiery sunsets and hibiscus flowers brings to mind sunnier climates. Kah used lavender as a cooling counterpoint.



Cassia Rattan Bar Cart by Opalhouse, \$150; target.com

7 NATURE'S ACCENTS

Elements like raffia and rattan create a sensory connection to the outdoors, as do the inlaid shell table lamp and fish-scale pattern benches.

A bar cart stands in as a bedside table that doesn't obstruct the light.



Kah layered in strong texture with feather juju hats over the beds; fringy baskets deliver a similar effect.

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN™



- ▶ **Fast itch relief***
- ▶ **Clearer skin that lasts***
- ▶ **Not an immunosuppressant**
- ▶ **Not a cream or steroid**

*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

DUPIXENT®
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO DUPIXENT.COM TO FIND OUT MORE —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  **REGENERON**

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)

†THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

• If your dose schedule is every other week and you miss a dose of DUPIXENT:

DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.

• If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:

DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include:

injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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Issue Date: January 2021



8 COASTAL CUES

It's impossible not to be relaxed on the beach. Re-create the setting by combining soothing sea blues with warm sandy beiges in varying textures—as Kah did with grass-cloth wallpaper and matchstick blinds.

Rattan Leaf Tray
by Opalhouse,
24" x 11", \$30;
target.com



9 NOSTALGIC TOUCHES

"This was our cozy moment," says Kah of the den, which was designed to evoke the lived-in feel of an Old Florida beachside cottage with a mix of small-scale florals, wave prints, and stripes. The nubby grass-cloth walls contrast glossy blue trim. ■



Topping a lamp with a burlap shade takes it in a beachy direction.

i did it!

Successful makeovers prove that limited space shouldn't confine creativity. These clever **bathroom upgrades** make an impact by adding personal style not square footage.



Tina Bowman tore out a tub-shower combo, installed a new tub, and laid the tiles on her new shower walls. But the most satisfying part of the makeover was seeing her idea for the walls come together, says Tina, who shares projects from her Vista, CA, home on Instagram (@breakingruleswithtools). The wainscoting combines three materials—6-inch-wide shiplap boards capped with a 1x2 ledge and finished with scallop trim (similar available at blue1910.etsy.com)—all for less than \$250. White paint (Olympus White SW 6253; sherwin-williams.com) unifies the pieces.

Show us what you made

Send photos of you with your latest project to IDidIt@meredith.com and post on Instagram with our #BHGIDidIt hashtag.



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MORE BATH IDEAS

Take some inspiration from four other do-it-yourselfers who found decorative ways to gain storage and dress up surfaces.



FLOATING VANITY

Kailey Slye-Liddic's birch countertop and shelf mount to cleats built into the walls. Baskets and wall-color paint camouflage the drainpipe.

Instagram: @slye_interior_artist



BRASS-ACCENTED SHELVES

Gallery rails (R-1; vintagehardware.com) attached to poplar boards with routed edges elevate accessories in Alisa Bovino's bath.

Blog: *A Glass of Bovino*



SURFACE COVER-UP

Vinyl flooring in 16" x 48" planks (Adura Apex in Trellis; mannington.com) installed over old ceramic tile completed Erica Van Slyke's update.

Instagram: @designingvibes



CLOSET TRANSFORMATION

Kourtni Muñoz removed the door frame on a standard linen closet and re-drywalled to create a deep niche for display shelves.

Instagram: @kourtnileigh

BEFORE YOU DIVE IN

A few pointers when you're planning a bathroom update.

TRAINING GROUND

Good projects for beginners include installing towel bars and shelves, replacing cabinet hardware, and replacing a faucet or showerhead.

WATER WISE

You'll need to be able to turn off the water in your bath before replacing a toilet, faucet, or sink, so test the shutoffs. If they haven't been used in years, they may not work and should be replaced first.

MATERIALS LIST

Use cement backer board rather than regular drywall on any wall where tile will get wet.

BRACE YOURSELF

No surprise—the biggest hidden issue in a bath is damage caused by moisture. Be prepared to deal with that problem when you start pulling up flooring or tearing out walls. ■

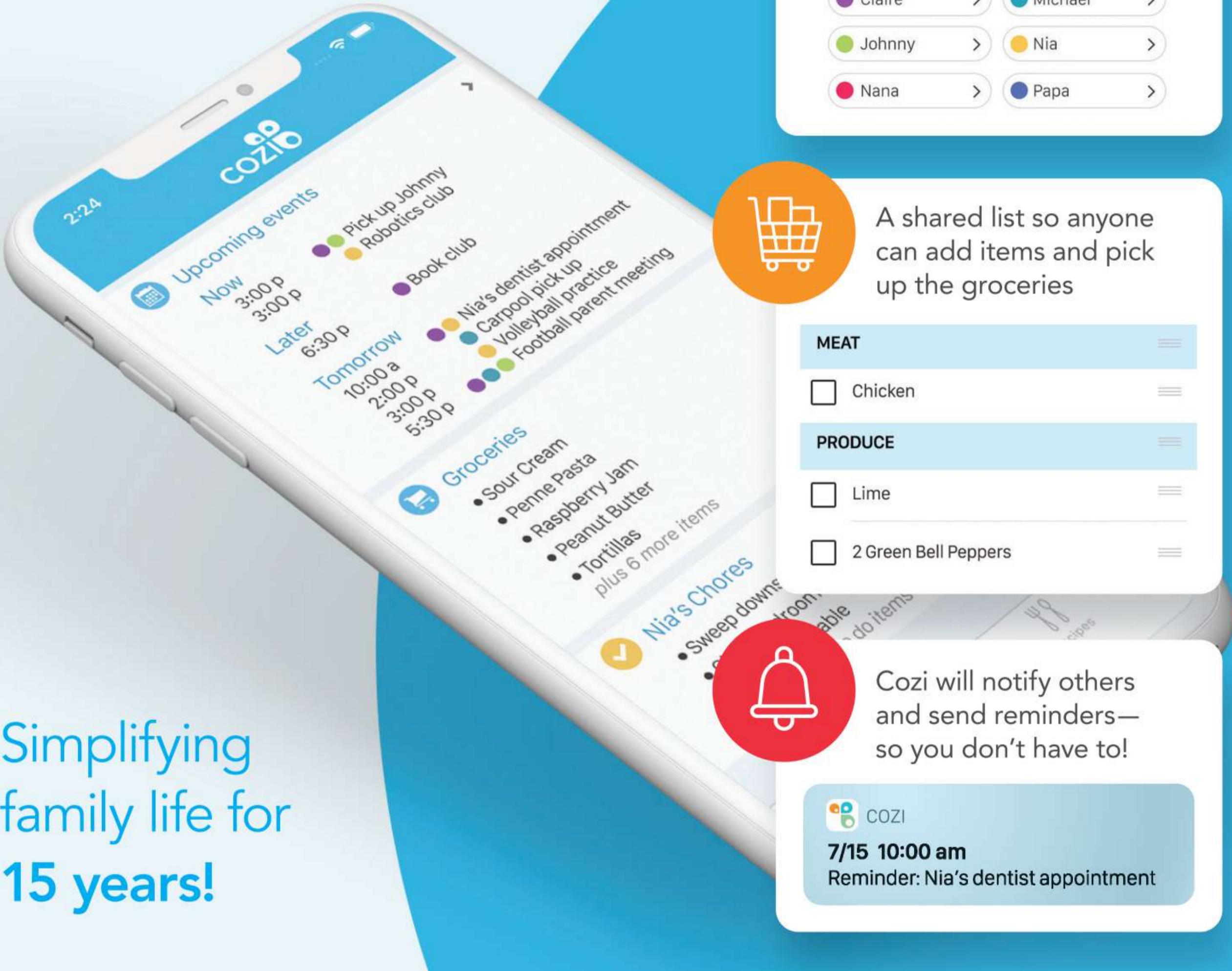
READY FOR YOUR NEXT PROJECT?

Check out the DIY Club for creative tips, detailed how-tos, and seasonal project ideas. BHG.com/DIYClub



Family life. Simplified.

#1 Organizing App for Families



A color-coded calendar for the whole family to share

The Williams Family

- Claire >
- Michael >
- Johnny >
- Nia >
- Nana >
- Papa >

A shared list so anyone can add items and pick up the groceries

MEAT
<input type="checkbox"/> Chicken

PRODUCE
<input type="checkbox"/> Lime
<input type="checkbox"/> 2 Green Bell Peppers

Cozi will notify others and send reminders—so you don't have to!

COZI
7/15 10:00 am
Reminder: Nia's dentist appointment

Simplifying family life for 15 years!



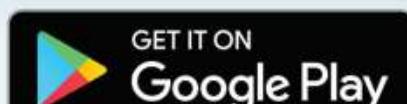
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foliage first

Plant a striking container full of colorful, shapely, and richly textured leaves. (You won't miss the flowers.)

THIS COMBO
CAN TAKE PART
SHADE TO FULL
SUN. PERSIAN
SHIELD'S PURPLE
INTENSIFIES WITH
MORE SUN.



make it a mood

This container's drama comes from the contrast of purple Persian shield and shamrock oxalis against two silver helichrysums (spiky 'Icicles' and trailing 'White Licorice').

Bridging the two hues are the purple blush of 'Little Ruby' Joseph's coat and veined rex begonia.



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*The cash back benefit is offered in most states. In some states a gift card or commission reduction at closing may be provided in lieu of the cash back bonus. The program is not available for employer-sponsored relocations or transactions in Iowa or outside the United States. The cash back bonus is not available in Alaska, Louisiana and Oklahoma. In Kansas and Tennessee, a MasterCard MAX gift card will be issued. In Mississippi, New Jersey, and Oregon, a commission reduction may be available at closing. The cash back bonus is only available with the purchase and/or sale of your home through the use of a participating program real estate agent. The actual amount you receive is based on the purchase and/or sale price of your home. All real estate commissions are negotiable. Other terms and conditions may apply. Please check with a program Advocate for details. Program terms and conditions are subject to change at any time without notice. Additional terms, conditions, and restrictions apply.

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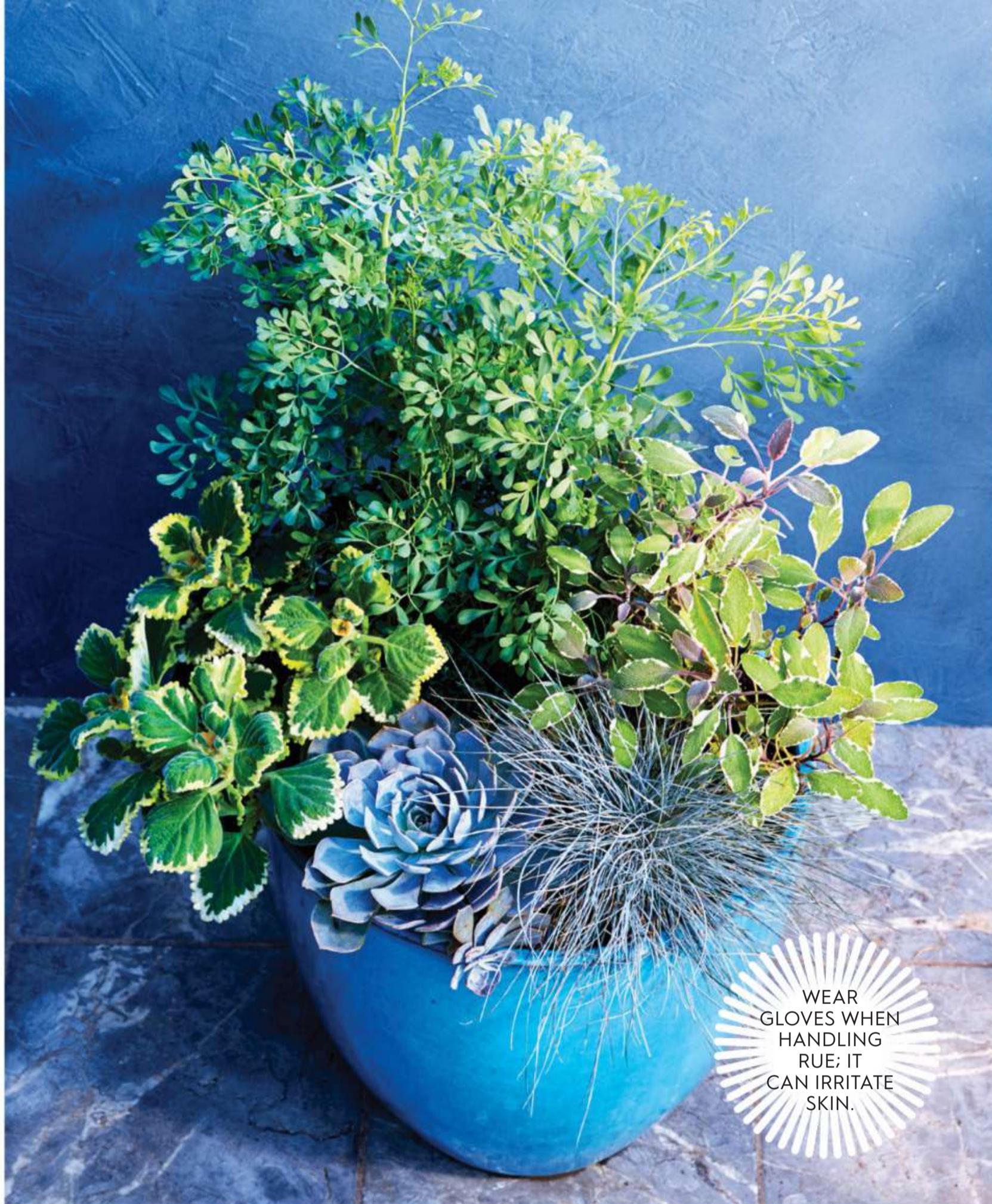
shape and texture

A wide variety of leaf types and a palette ranging from cool- to warm-tone greens give this pot its zip.

'Lemon Twist' Swedish ivy, an echeveria rosette, spidery blue fescue grass, and aromatic tricolor sage surround the tall fans of rue. This combo does best in full sun.

all in for pink

A play on one hue—in this case, pink—is a no-fail approach to container design. Caladiums and coleus star in this shade-loving container, with polka-dot plants and heuchera playing supporting roles. Sticking with rounded and heart-shape leaves keeps it all soft and sweet.



WEAR GLOVES WHEN HANDLING RUE; IT CAN IRRITATE SKIN.



FOR COLEUS WITH LARGE, VELVETY LEAVES, LOOK FOR THOSE FROM THE KONG SERIES.

BEST AND BRIGHTEST

How to get the most intense color out of plants with variegated leaves? For caladiums and coleus, the answer is only a few hours of morning sun then an afternoon in the shade. (They also like lots of warm, humid weather.) Some newer varieties of both are sun-tolerant, but be sure to not let the soil dry out.



IF YOU HAVE SCHIZOPHRENIA THERE IS HELP.

Fanapt®
(iloperidone) tablets

VISIT FANAPT.COM
CALL (833) 7-FANAPT

Important facts about FANAPT® (iloperidone) tablets

PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

IMPORTANT SAFETY INFORMATION **BOXED WARNING:**

Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased

heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt®. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt®.

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt®. This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt®.

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt®, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt®. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt®.

To access the full Prescribing Information, including BOXED WARNING, visit www.Fanapt.com.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more about savings at www.Fanapt.com.

don't be shy

This sun-loving crew of big, bold-leaved plants brings the tropics to your backyard. Rusty orange 'ColorBlaze Sedona Sunset' coleus contrasts with the yellow-striped leaves of tall 'Pretoria' canna and a multicolor croton, often used as a houseplant but happy outdoors in summer's warmth. Acid-green 'Margarita' sweet potato vine and 'Vancouver Centennial' geranium spill over the rim for a continuous flow of color. ■

[DESIGN TIP]

MIX PLANTS OF DIFFERENT FORMS FOR HEALTHY POTS THAT LOOK FULL, NOT CROWDED. TALL CANNAS DON'T COMPETE WITH DRAPING VINES FOR SPACE OR SUNLIGHT.



SWEET POTATO VINE PRODUCES TUBERS THAT CAN BE STORED IN A COOL SPOT AND PLANTED NEXT YEAR.

FRESH FILES

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Better Homes & Gardens®

SUMMER FUN

POP STARS

We're calling it: The award for summer's best-loved treat goes to the popsicle. (Sorry, snow cones.) With memories of our favorite ice cream truck offerings in mind, we've created a few new flavor twists and fruity combos you can make at home that take classic frozen treats to star status. Who's ready to chill?



rainbow fruit pops

The only downside to these 100-percent fruit pops is how fast they disappear from the freezer. Puree fresh kiwi, raspberries, peaches, and blackberries; layer in molds; and freeze.

PRO TIP For well-defined layers put each pureed fruit in a plastic sandwich bag, cut off a corner, and squeeze into the molds. ► To watch our how-to video for this recipe, hover your smartphone camera over the code, right.



2021: THE SUMMER OF GRILLED MAC & CHEESE*



SCAN FOR
GRILLING
INSTRUCTIONS

*Party Size Mac & Cheese only.
Visit stouffers.com/grilling for grilling instructions.

* affogato pops

1980s Jell-O Pudding Pops meet trendy affogato (the Italian espresso and ice cream dessert). The result: a sophisticated iced coffee on a stick.

PRO TIP Chill both flavored custards—the espresso and the vanilla cream—then pour them into the molds side by side for maximum swirls.



* chile-mango pops

What's cooler than being cool? Ice cold and hot. Ground ancho pepper adds smoky heat to mango (one of our favorite fruits for freezer pops). Lime juice adds a hint of tartness.

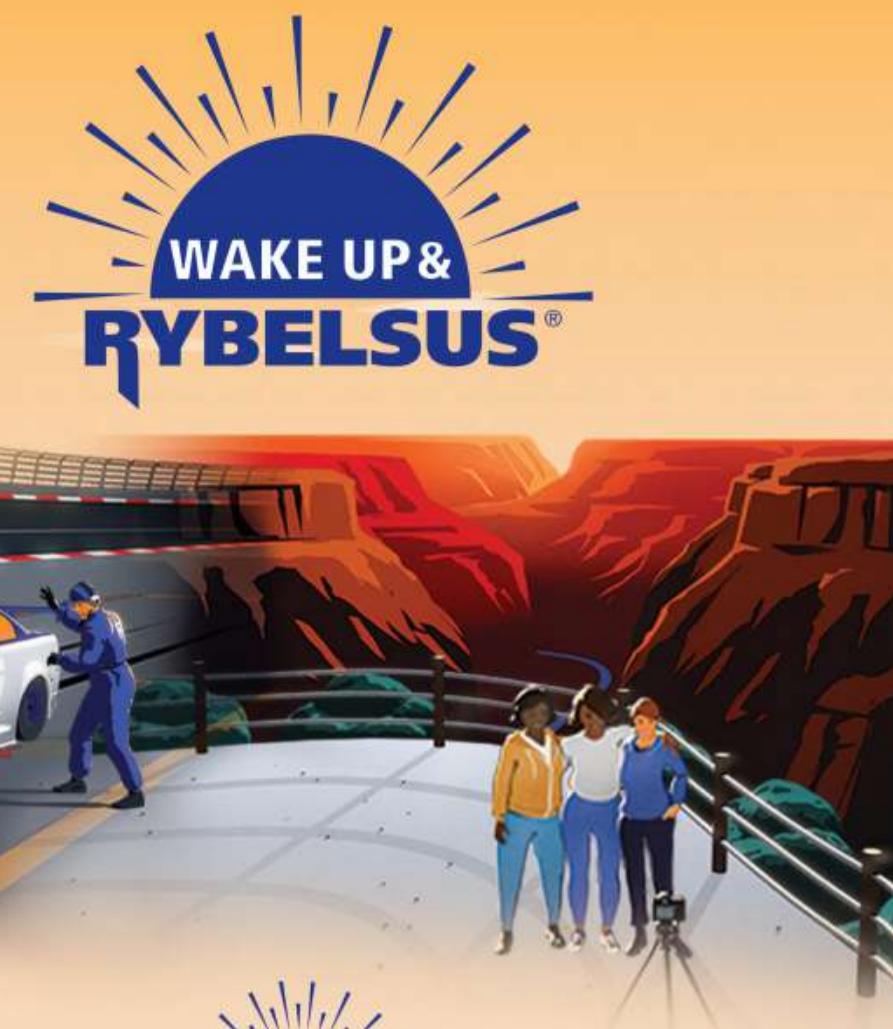
PRO TIP For the pops on this page, we used silicone molds (turn to page 88 for buying info) and wooden craft sticks, but 3-ounce paper cups work just as well. Cover the cups with foil to hold the sticks in place.



RECIPES
BEGIN ON
PAGE 88.

For adults with type 2 diabetes (T2D), along with diet and exercise, once-daily RYBELSUS® can help lower blood sugar

Wake Up to the Possibilities of Reaching Your A1C Goal



RYBELSUS® is proven to lower blood sugar and A1C

In a 6-month study of people with an average starting A1C of 8%, the majority of **people taking RYBELSUS® reached an A1C of less than 7%^a**:

- Nearly 7 out of 10 people on 7 mg of RYBELSUS®
- Nearly 8 out of 10 people on 14 mg of RYBELSUS®
- About 3 out of 10 people on a sugar pill

 If eligible, **you may pay as little as \$10 for a 30-day prescription^c**

RYBELSUS® may help you lose some weight

While not for weight loss, in the same 6-month study, people with an average starting weight of 195 pounds **lost up to 8 pounds^a**:

- 5 pounds on 7 mg of RYBELSUS®
- 8 pounds on 14 mg of RYBELSUS®
- 3 pounds on a sugar pill

While many people in medical studies lost weight, some did gain weight.

 Text^d **RESULTS to 44535**
to learn more about RYBELSUS®

RYBELSUS® does not increase the risk of major cardiovascular (CV) events such as heart attack, stroke, or death^b

^aIn a 6-month study looking at A1C with 703 adults with T2D comparing 7 mg RYBELSUS® and 14 mg RYBELSUS® with a sugar pill when both were added to diet and exercise.

^bIn a cardiovascular safety study, 3183 adults with T2D and a high risk of CV events were treated with either 14 mg RYBELSUS® or a sugar pill in addition to their usual diabetes and CV medications.

What is Rybelsus®?

Rybelsus® (semaglutide) tablets 7 mg or 14 mg is a prescription medicine for adults with type 2 diabetes that along with diet and exercise may improve blood sugar (glucose).

- Rybelsus® is not recommended as the first choice of medicine for treating diabetes
- It is not known if Rybelsus® can be used in people who have had pancreatitis
- Rybelsus® is not for use in people with type 1 diabetes and people with diabetic ketoacidosis
- It is not known if Rybelsus® is safe and effective for use in children under 18 years of age

Important Safety Information

What is the most important information I should know about Rybelsus®?

Rybelsus® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Rybelsus® and medicines that work like Rybelsus® caused thyroid tumors, including thyroid cancer. It is not known if Rybelsus® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use Rybelsus® if:

- you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you are allergic to semaglutide or any of the ingredients in Rybelsus®

Before using Rybelsus®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have a history of vision problems related to your diabetes
- are pregnant or plan to become pregnant. It is not known if Rybelsus® will harm your unborn baby. You should stop using Rybelsus® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with Rybelsus®

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Rybelsus® may affect the way some medicines work and some medicines may affect the way Rybelsus® works.

What are the possible side effects of Rybelsus®?

Rybelsus® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Rybelsus® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with Rybelsus®
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use Rybelsus® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin.

Signs and symptoms of low blood sugar may include: dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery

• **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration

• **serious allergic reactions.** Stop using Rybelsus® and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing

The most common side effects of Rybelsus® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start Rybelsus®.

Please see Brief Summary of Prescribing Information on adjacent page.

^cCommercially insured patients only. Eligibility and other restrictions apply.

^dMessage and data rates may apply. Check with your mobile service provider. Message frequency will be based on your selections. Text **HELP to 44535** for help. Text **STOP to 44535** to quit. See Terms and Conditions of Use at RYBELSUS.com.

See cost and savings info at **RYBELSUS.com**, and ask your healthcare provider about RYBELSUS® today.



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RYBELSUS®
semaglutide tablets
7mg | 14mg

Brief Summary of information about RYBELSUS® (semaglutide) tablets**Rx Only**

This information is not comprehensive.

- Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/rybelsus.pdf to obtain the FDA-approved product labeling
- Call 1-833-GLP-PILL

Read this Medication Guide before you start using RYBELSUS® and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about RYBELSUS®?**RYBELSUS® may cause serious side effects, including:**

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.
- Do not use RYBELSUS® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

What is RYBELSUS®?

RYBELSUS® is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

- RYBELSUS® is not recommended as the first choice of medicine for treating diabetes.
- It is not known if RYBELSUS® can be used in people who have had pancreatitis.
- RYBELSUS® is not for use in patients with type 1 diabetes and people with diabetic ketoacidosis.

It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age.

Do not use RYBELSUS® if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- you are allergic to semaglutide or any of the ingredients in RYBELSUS®.

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys.
- have a history of vision problems related to your diabetes.
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant.
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

Before using RYBELSUS®, talk to your healthcare provider about low blood sugar and how to manage it. Tell your healthcare provider if you are taking other medicines to treat diabetes, including insulin or sulfonylureas.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take RYBELSUS®?

- Take RYBELSUS® exactly as your healthcare provider tells you to.
- Take RYBELSUS® by mouth on an empty stomach when you first wake up.
- Take RYBELSUS® with a sip of water (no more than 4 ounces).
- Do not split, crush or chew. Swallow RYBELSUS® whole.
- After 30 minutes, you can eat, drink, or take other oral medications. RYBELSUS® works best if you eat 30 to 60 minutes after taking RYBELSUS®.
- If you miss a dose of RYBELSUS®, skip the missed dose and go back to your regular schedule.
- Talk to your healthcare provider about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.

What are the possible side effects of RYBELSUS®?**RYBELSUS® may cause serious side effects, including:**

- **See "What is the most important information I should know about RYBELSUS®?"**
- **inflammation of your pancreas (pancreatitis).** Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®.
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use RYBELSUS® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:**
 - dizziness or light-headedness
 - anxiety, irritability, or mood changes
 - slurred speech
 - shakiness
 - fast heartbeat
 - blurred vision
 - sweating
 - confusion or drowsiness
 - headache
 - feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **serious allergic reactions.** Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing.

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting and constipation. Nausea, vomiting and diarrhea are most common when you first start RYBELSUS®. Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of RYBELSUS®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store RYBELSUS®?

- Store RYBELSUS® at room temperature between 68°F and 77°F (20°C to 25°C).
- Store in a dry place away from moisture.
- Store tablet in the original pack.
- Keep the tablet in the pack until you are ready to take it.
- **Keep RYBELSUS® and all medicines out of the reach of children.**

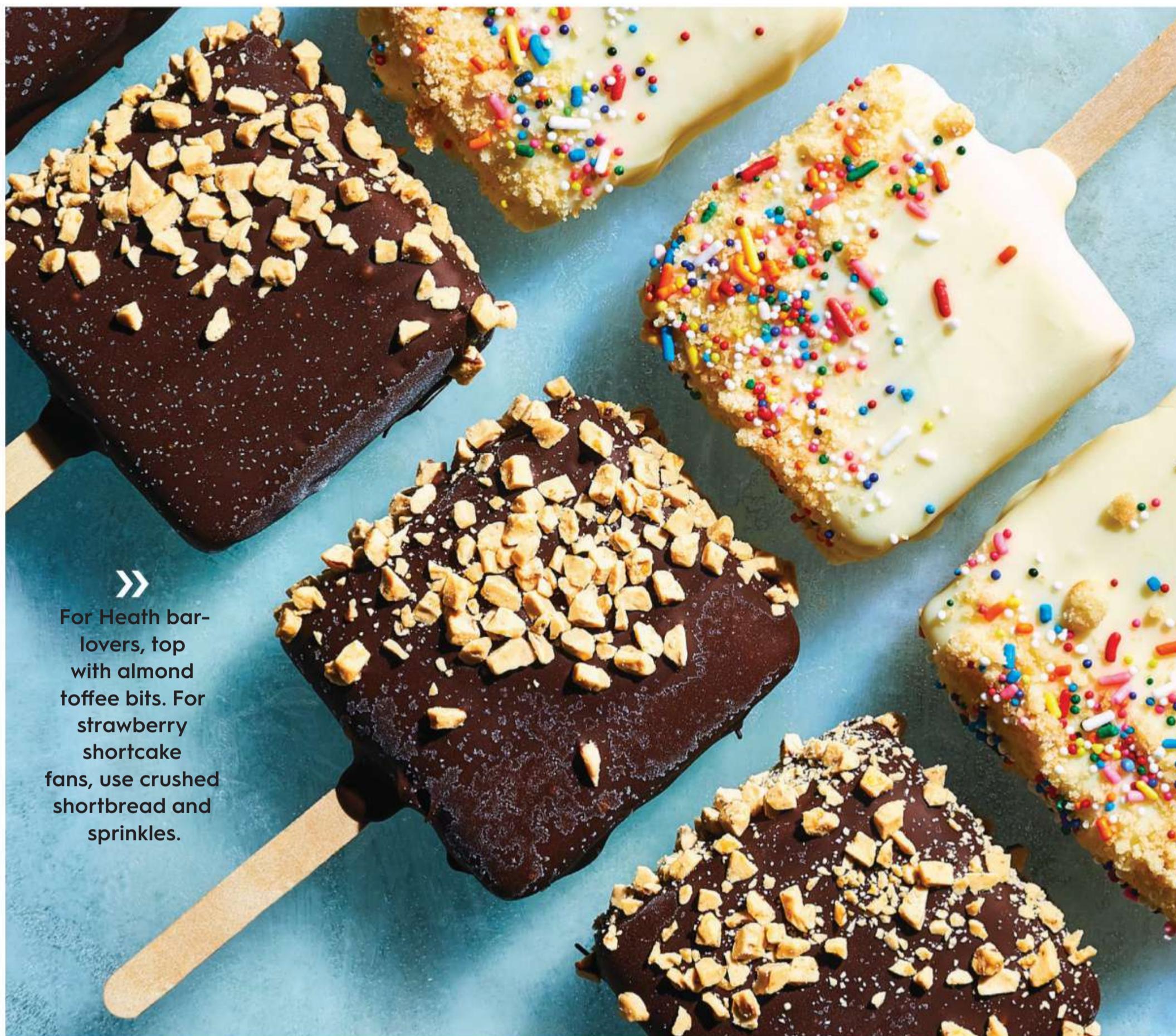
Revised: 01/2020

chocolate-toffee and strawberry shortbread squares

These ice cream squares on a stick are a cinch to make (no molds needed). Spread softened ice cream (vanilla or strawberry) into an 8-inch square baking pan, freeze, cut into squares, insert a stick, dip in melted chocolate or white baking chips, and sprinkle on toppings.



For Heath bar-lovers, top with almond toffee bits. For strawberry shortcake fans, use crushed shortbread and sprinkles.



berry-yogurt rocket pops

Berries and Greek yogurt team up in these striped parfait treats—a creamy twist on the beloved Bomb Pop. Layer a homemade raspberry or blueberry jam with vanilla Greek yogurt for a tangy, not-too-sweet dessert that's perfectly acceptable for breakfast too.

Freeze in Star Pop Molds (Tovolo, \$13; target.com).

ON THE COVER Pair the pops with ice made in star-shape ice cube trays. ■

strawberry coffee cake

This tender cake is cookbook author **Claire Saffitz's** favorite kind of treat—one that works for breakfast or dessert. Here's her summer spin on a beloved family recipe.

While I only remember meeting my Aunt Tilly once or twice (she was actually my mother's aunt—my grandmother's sister), she was famous in my family. More accurately, her apple cake was famous. When I was growing up, Aunt Tilly's Apple Cake made a regular appearance at most special occasions, from birthdays to bat mitzvahs to housewarmings. In 2002, it won recipe of the year in the local paper. That cake was one of a handful of beloved Ashkenazic recipes passed down from my grandmother and her siblings to my mom—recipes like Aunt Rose's Mondel Bread and my Nanny's blintzes.

We know relatively little about my mother's family, but recently I did learn that before immigrating to the United States from what is today Ukraine, my great-grandfather was a baker. Since pocketing that tiny nugget of family history, my sense of stewardship over these already dear recipes has only increased, so I am proud to share this one with you. Although Aunt Tilly's original recipe is delicious, as a baker myself I couldn't resist making some changes and updating the recipe for summertime, swapping in brightly flavored strawberries for the apples and including cornmeal in the streusel topping for crunch. I can't be certain, but I imagine Aunt Tilly would approve.



ALL DAY
Serve this cake at brunch, with coffee for an afternoon snack, or as dessert.



Claire Saffitz's great-aunt Tilly (and her Apple Cake recipe).

Aunt Tilly's Apple Cake

Serves 12

Preheat oven to 350° F.

Ingredients:

Apple mixture —

mix together and set aside:
6 cups thinly sliced apples
4 T. brown sugar
1-2 T. cinnamon

Streusel Topping :

mix together and set aside
1/2 c. brown sugar
2 T. butter
2 T. flour
2 tsp. cinnamon

Cake :

2 cups sugar
4 eggs
1 cup oil
3 cups all-purpose flour



Made with **REAL WHOLE blueberries.**

And **11 VITAMINS and MINERALS.**



Doing something good for yourself
has never been this easy.

**Do what's
delicious.**

Strawberry Coffee Cake with Cornmeal Streusel

This perfect-anytime cake is an ideal way to use overripe berries, but frozen strawberries work well too. The berry ribbon running through the cake helps keep it moist.

HANDS-ON TIME 45 min.
TOTAL TIME 1 hr. 30 min., plus cooling

4 to 5 cups fresh or frozen strawberries
1/3 cup granulated sugar
1 Tbsp. finely grated lemon zest
3/4 cup light brown sugar, packed
3 3/4 cups all-purpose flour
1/3 cup cornmeal
1 1/2 tsp. ground cinnamon
1/2 cup unsalted butter, cut into pieces, at room temperature
2 1/4 tsp. baking powder
1/4 cup orange juice
1/4 cup sour cream, at room temperature
2 tsp. vanilla extract
1 3/4 cups granulated sugar
4 large eggs, at room temperature

1. For filling: In a 10-inch skillet combine strawberries, the $\frac{1}{3}$ cup granulated sugar, and a pinch of kosher salt. Warm over medium-low, stirring occasionally, until berries have released their juices and sugar is starting to dissolve, 5 to 8 minutes. Increase heat to medium and continue to cook

tip
 Use a flexible spatula to scrape down the bowl and fold batter several times during mixing to ensure it's evenly mixed.

until berries are submerged in liquid and soft, about 5 minutes longer; carefully mash. Bring to a boil and cook, stirring often, until mixture has reduced to about $1\frac{1}{2}$ cups, about 10 to 15 minutes. Remove from heat and stir in the lemon zest; let cool completely.

2. Meanwhile, for streusel: In a medium bowl combine brown sugar, $\frac{3}{4}$ cup of the flour, the cornmeal, cinnamon, and a generous pinch of kosher salt. Add butter and use your fingers to work it into the mixture until all the dry bits have been incorporated.

3. Arrange an oven rack in the center position and preheat to 350°F. Grease a 13×9-inch pan. In a medium bowl whisk together the remaining 3 cups flour, the baking powder, and $1\frac{1}{2}$ tsp. kosher salt. In a small bowl whisk together orange juice, sour cream, and vanilla extract.

4. In the bowl of a stand mixer fitted with a paddle attachment combine the $1\frac{3}{4}$ cups sugar and eggs and beat, starting on low and gradually increasing to medium-high, until the mixture is very pale and voluminous, about

tip
 Mash berries into a very lumpy purée, then cook until the mixture is deep red and thick like jam.

2 minutes. With the mixer running, slowly stream in 1 cup neutral oil. Reduce speed to low, then add half of the flour mixture; beat until most of the flour disappears. Add the orange juice mixture and beat until smooth; repeat with remaining flour mixture.

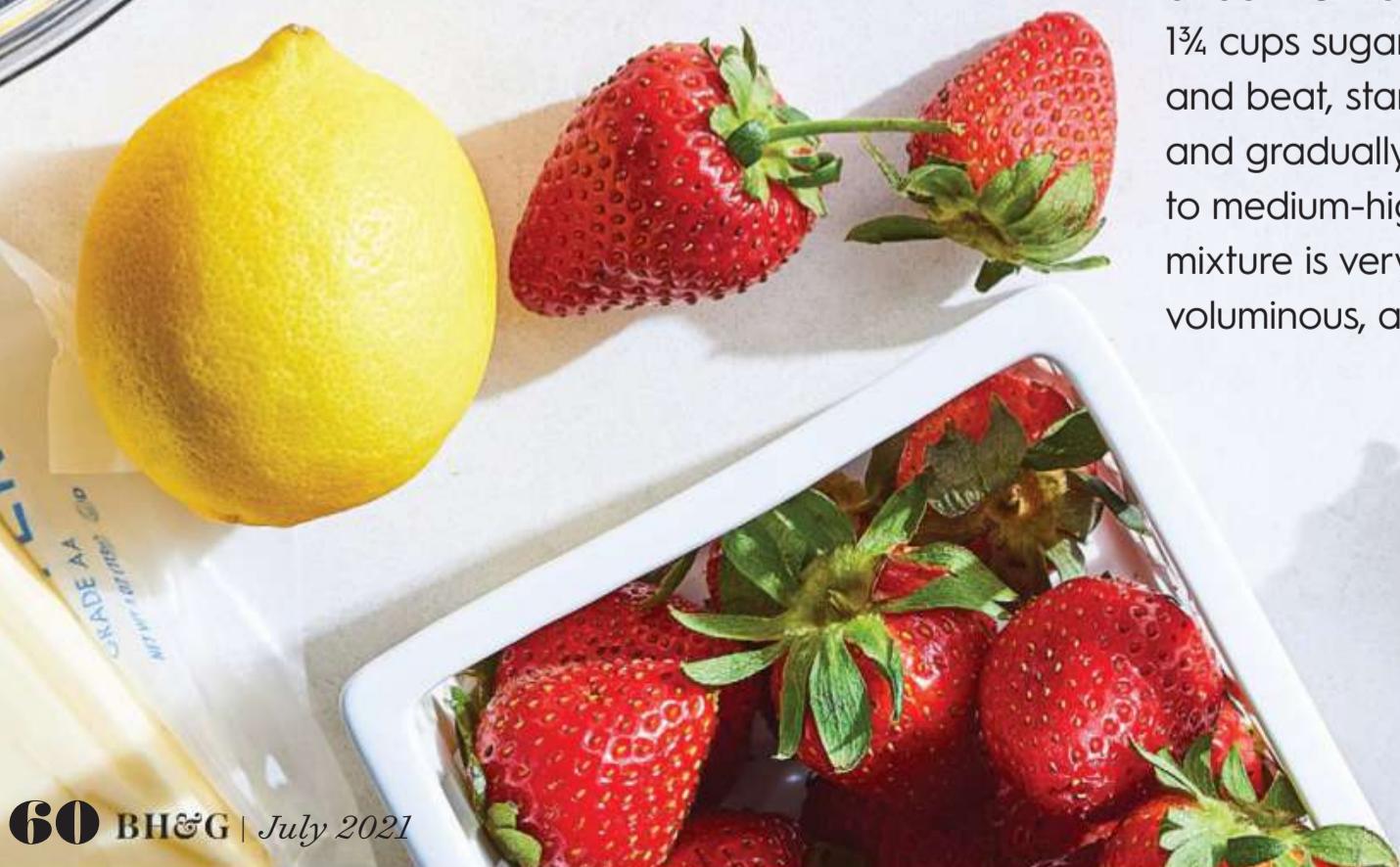
5. Scrape batter into pan. Spoon strawberry filling over the entire surface of the batter. Use a toothpick or skewer to make figure eights, swirling in the filling. Sprinkle streusel mixture evenly over the top.

6. Bake cake until top is risen and golden brown and a cake tester comes out clean, 40 to 50 minutes. Remove from the oven; let cool completely in the pan. Serves 16.

EACH SERVING 462 cal, 22 g total fat (6 g sat fat), 65 mg chol, 206 mg sodium, 61 g carb, 2 g fiber, 35 g sugars, 5 g pro ■

CHECK OUT CLAIRE'S BOOK
Dessert Person, \$35; penguinrandomhouse.com

tip
 If you're using a glass dish, drop the oven temp to 325°F. Bake 40 to 50 minutes as directed.



“PUT IT IN THE
—SKILLET—
AND COOK IT.”

Jimmy Dean



TODAY'S YOUR
DAY TO
Shine on™



BY
PAIGE PORTER
FISCHER

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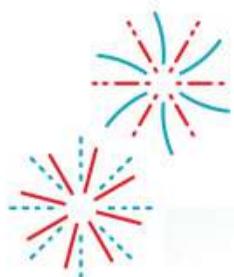
A FAMILY FOURTH

On a glistening lake in New York's Adirondacks, a family gathering revives the bliss of summers past with nostalgic snacks, outdoor activities, and stars-and-stripes decor.



Picnic on the Dock

A black-and-white backdrop means that traditional red, white, and blue decor stands out in bright contrast. Leah Olson used a ticking stripe runner and black-edged white enamelware serving pieces to play up her lakeside summer camp aesthetic.



The day Leah Olson was born, her grandfather bought a 1908 house on a tiny island in the middle of Lake George in the Adirondacks. “That was the best gift he could’ve ever given our family, because this house has become the summer gathering spot for his children, grandchildren, and great-grandchildren ever since,” says Leah, a designer who lives in Upstate New York but spends much of the summer at that lake house.

“My parents were both teachers, so when school was out, we would head up to the lake to spend the summer here: eating dinners on the wraparound porch,



Stenciled Tubes

Simple hand-cut stencils and paint make black inner tubes celebratory. Use a craft knife to cut star shapes out of contact paper that adheres to the curved surface. Fill in the star with a coat of acrylic outdoor paint. Remove stencils; let dry 48 to 72 hours.

jumping off the dock into the water, swimming with my cousins,” she says. “I still call this place ‘camp,’ rather than ‘the lake house,’ because that’s what it feels like. Every Fourth of July, my grandfather would take me out on his boat, and I can still picture myself sitting right between him and my grandmother, cruising the beautiful lake. It’s always been one of my favorite days of the year because of the nostalgia I have for those days.”

Leah re-creates some of that magic for her family. She dresses up the dock with homemade stars-and-stripes bunting and dots the table with red and white flowers. She sets out bowls of old-school snacks and cups of fruit so everyone can snag what they want on the way to the dock or to a blanket on the lawn. “I want everything to be festive and pretty, but unfussy and stress-free,” she says.

After a day floating in Leah’s hand-stenciled inner tubes, everyone gathers around the firepit to make s’mores and watch the fireworks over the lake. “It’s the most-anticipated night of the summer, with everyone gathered in this place that holds so many memories of summers past,” Leah says. “And I love that we’re building up the bank of new memories too.”

Patriotic Bunting

Leah, *left*, was an attorney before the blog she started as a passion project fueled a new career as a designer.

(Follow her work at [@leaholsonstyle](https://www.instagram.com/leaholsonstyle).)

For bunting, she strings red nylon rope and attaches cloth flags with metal file clips.



Picnic Tricks

Single-serve snacks are quick bites with zero cleanup. Red, white, and blue string and a mini flag pick decorate white paper cups. Everyone can leave messages on the runner she made of pine board covered in black chalkboard paint. Enamel cups filled with white grocery store flowers and red geraniums cut from hanging baskets punctuate the black-and-white setting.





Friendship Bracelets

In keeping with the camp theme, Leah puts together friendship bracelet favors. Canning jars hold pony and alphabet beads and a length of $\frac{3}{8}$ -inch red, white, and blue grosgrain ribbon.



ALL-PURPOSE
PAINTED TUBES
ARE FOR MORE
THAN FLOATING
IN. THEY ARE ALSO
DECORATION.



Beverage Station

A piece of plywood (protected with outdoor paint) on a pair of black sawhorses serves as a beverage bar where retro coolers hold ice-cold drinks.



GET THE LOOK

Jump in to festive style and deck your outdoor setup with these picks.

Their all-American motifs and classic colors will set a party mood all summer long.



BEACH TOWELS

Velour Cabana Stripe by Great Bay Home, \$66 four-pack; kohls.com

► **PENNANT**
Cloth American Flag Pennant (60' long), \$23; sswdealer supply.com



► **SOLAR LED STRING LIGHTS**
Better Homes & Gardens Collection® Warm White Edison Bulb, \$20; walmart.com/BHG



► **ADIRONDACK**
Penny Outdoor Patio Navy Blue Wood, \$146; homedepot.com



► **TIERED STAND**
White Enamel, \$69; pottery barn.com



PILLOWS

Humble & Humble Black Buffalo Plaid Indoor/Outdoor Lumbar, \$55 (set of two); overstock.com



► **COOLER**
Permasteel 80 qt. Red Rolling Patio Cooler, \$200; wayfair.com



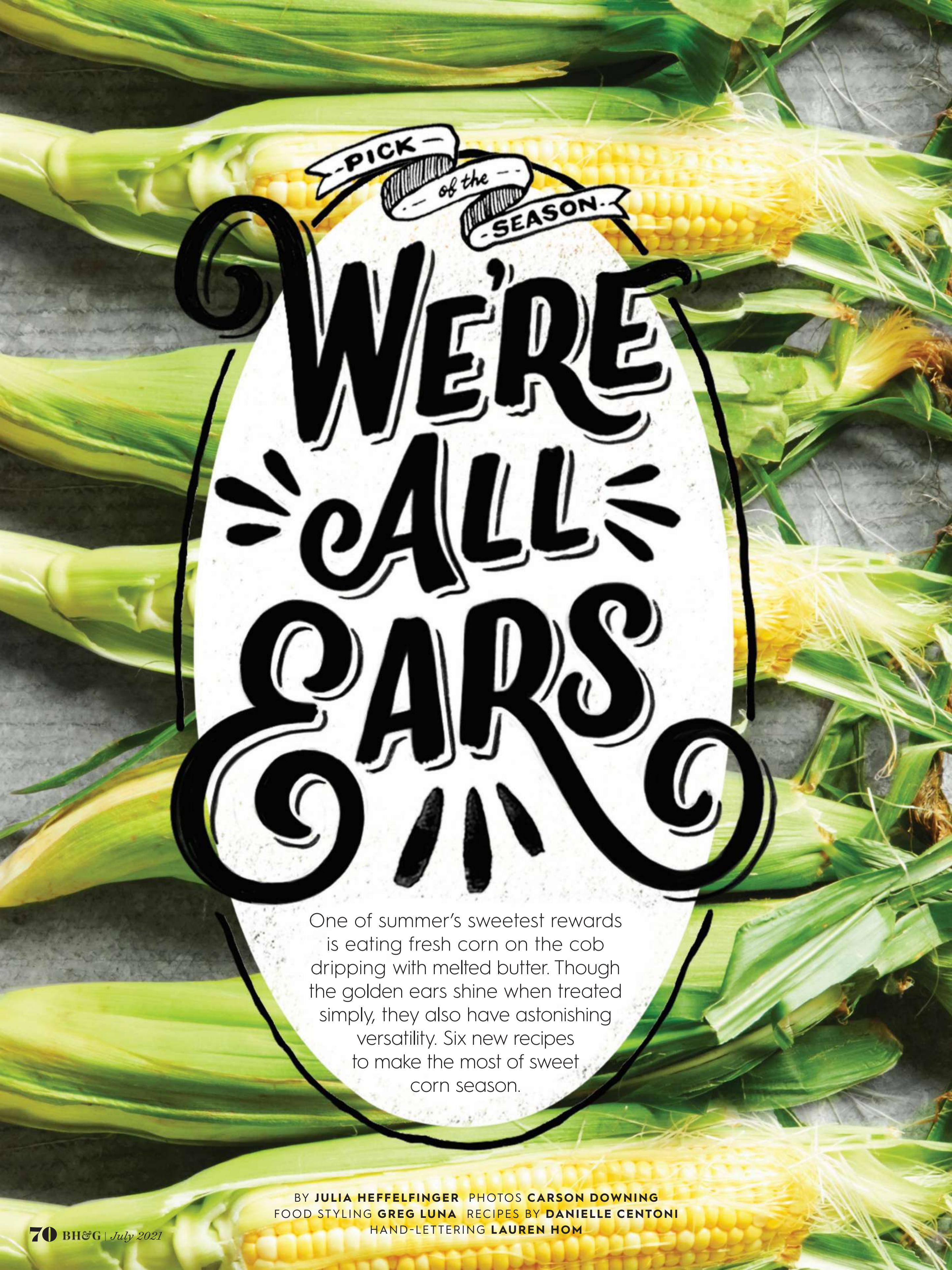
► **PAPER PLATES**
Black Gingham Dinner, \$8 for 24, and Dessert, \$3 for eight; orientaltrading.com



S'mores Sticks

Leah sets out marshmallow-roasting sticks that she made by embellishing long wooden dowels with wood and plastic beads held in place with rubber bands at each end. ■





WE'RE CALLING CARS ON

*PICK
of the
SEASON*

One of summer's sweetest rewards is eating fresh corn on the cob dripping with melted butter. Though the golden ears shine when treated simply, they also have astonishing versatility. Six new recipes to make the most of sweet corn season.

BY JULIA HEFFELFINGER PHOTOS CARSON DOWNING
FOOD STYLING GREG LUNA RECIPES BY DANIELLE CENTONI
HAND-LETTERING LAUREN HOM

FRESH

FRESH Corn Salad with Stone Fruit & Herbs

AS SOON AS CORN
IS PICKED, THE
SUGARS THAT MAKE
IT SWEET
START CONVERTING
TO STARCH.
EAT IT ASAP AFTER
YOU BUY IT.



Corn is at its most flavorful when it's freshly picked. When you can get your hands on barely-off-the-stalk corn, shave raw kernels right off the cob. In this interpretation of fattoush—a Lebanese salad with veggies and toasted flatbread—corn brings sweet crunch to ripe nectarines, herbs, and a bright vinaigrette.



CORN CROSTATA with Tomatillos & QUESO Fresco



Crostatas are an Italian answer to pie: free-form tarts that are superb at showing off seasonal produce.

They go sweet or savory, like this version with tomatoes, tomatillos, and sautéed corn. Cornmeal in the crust accentuates the earthy sweetness of the corn in the filling while contrasting nicely with the acidic tomatillos and tangy cheese.



RECIPES
BEGIN ON
PAGE 82.

Smoky GRILLED CORN, Poblano & CHEESE DIP

Think of this recipe as pimento cheese's Southwestern cousin.

Grill corn and poblanos to give them a smoky char, then fold them together with mayo, green onions, pickled jalapeños, and two types of shredded cheese. Serve cold or warm with veggies, crackers, and/or corn chips.

GRILL CORN IN
THE HUSK (WITH SILKS
REMOVED) TO HELP
KEEP KERNELS
PLUMP AND MOIST.



≡SUMMER≡ Risotto WITH CORN BUTTER & Shrimp

Every part of the corncob goes into this velvety risotto: Boil the cobs with shrimp shells for a stock to cook the rice in, reduce the corn juices to a concentrated "butter" to fold into the finished risotto, and sprinkle the raw kernels on top.

Butter-Braised Corn on the Cob



Sometimes called butter-bath corn or milk-boiled corn, this genius cooking method of boiling corn in a mixture of milk, butter, and aromatics hails from the Midwest and delivers corn with big flavor and tender kernels. We added a kick of jalapeño, chili powder, cumin, and garlic to the milk-and-butter bath. Spoon the liquid over cobs to serve.

WAIT TO SHUCK
UNTIL RIGHT
BEFORE COOKING.
COBS DRY OUT
THE LONGER
THEY'RE EXPOSED
TO AIR.

TOP IT OFF

Dress up basic boiled corn on the cob with these big-flavor finishers.



MISO-MAYO

Stir together 1 Tbsp. white miso paste and 1 Tbsp. mayonnaise.



MUSTARD-TARRAGON

Stir 2 Tbsp. yellow mustard, 1 tsp. lemon zest, and 1 Tbsp. tarragon into 1/2 cup softened butter.



BARBECUE BUTTER

Combine 1/2 cup softened butter with 2 tsp. purchased barbecue rub.



OLIVE OIL & BASIL

Drizzle corn with olive oil and sprinkle with salt, ground black pepper, and fresh basil.



SWEET CORN Panna Cotta with CHERRY-VANILLA Compote



Corn's innate
sweetness makes it a
natural choice
for desserts, and
this panna cotta tastes
like honey-drizzled
corn bread in pudding
form. Top with a
balsamic-cherry
compote and crunchy
caramel corn. ■



In landscape designer Margie Grace's Montecito, CA, yard, a stone vessel of water provides a visual break in the dry landscape and a drinking spot for birds.

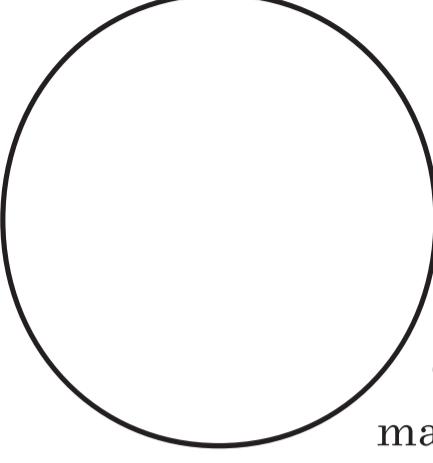


PRETTY/TOUGH

A drought-tolerant gravel garden can be just as soft and inviting as one packed with plants.



Margie took advantage of the shade beneath an old oak tree by creating an intimate seating area. The antique concrete dining set, cast to look like wood, blends in with the landscape.



ne of landscape designer Margie Grace's favorite materials is so

humble it rarely gets a second thought. "I love gravel," she says. "It feels so timeless and earthy, and you know the soil is breathing beneath it."

In the yard around her and partner Dawn Close's ranch house in Montecito, CA, gravel is the foundation of her design. By combining the material with airy grasses and perennials, she created a space that's easygoing, surprisingly soft-looking, and drought-tolerant. "I really, really wanted to crack the nut on water," Margie says. (Though her area gets little rain year-round, drought conditions can occur anywhere in the country.) "I wanted super-low water use but a lush feel."

She also wanted to find a way to carve the backyard, which was an expanse of drought-dead grass when she moved in, into different garden rooms. Now, gravel paths and barefoot-friendly concrete pavers wind among the mature oak trees, gently waving grasses, and structural succulents to distinct seating and dining areas.

Even though she uses fewer plants than many designers might ("A way to use less water is to use less plant material," she says), Margie appreciates the particular charms of each one, like the golden grasses. "Right around 5 o'clock there's a beam of light that comes through the seed heads, and it's frickin' magic," she says. "The show is over in seven minutes, but it's worth organizing your day around."



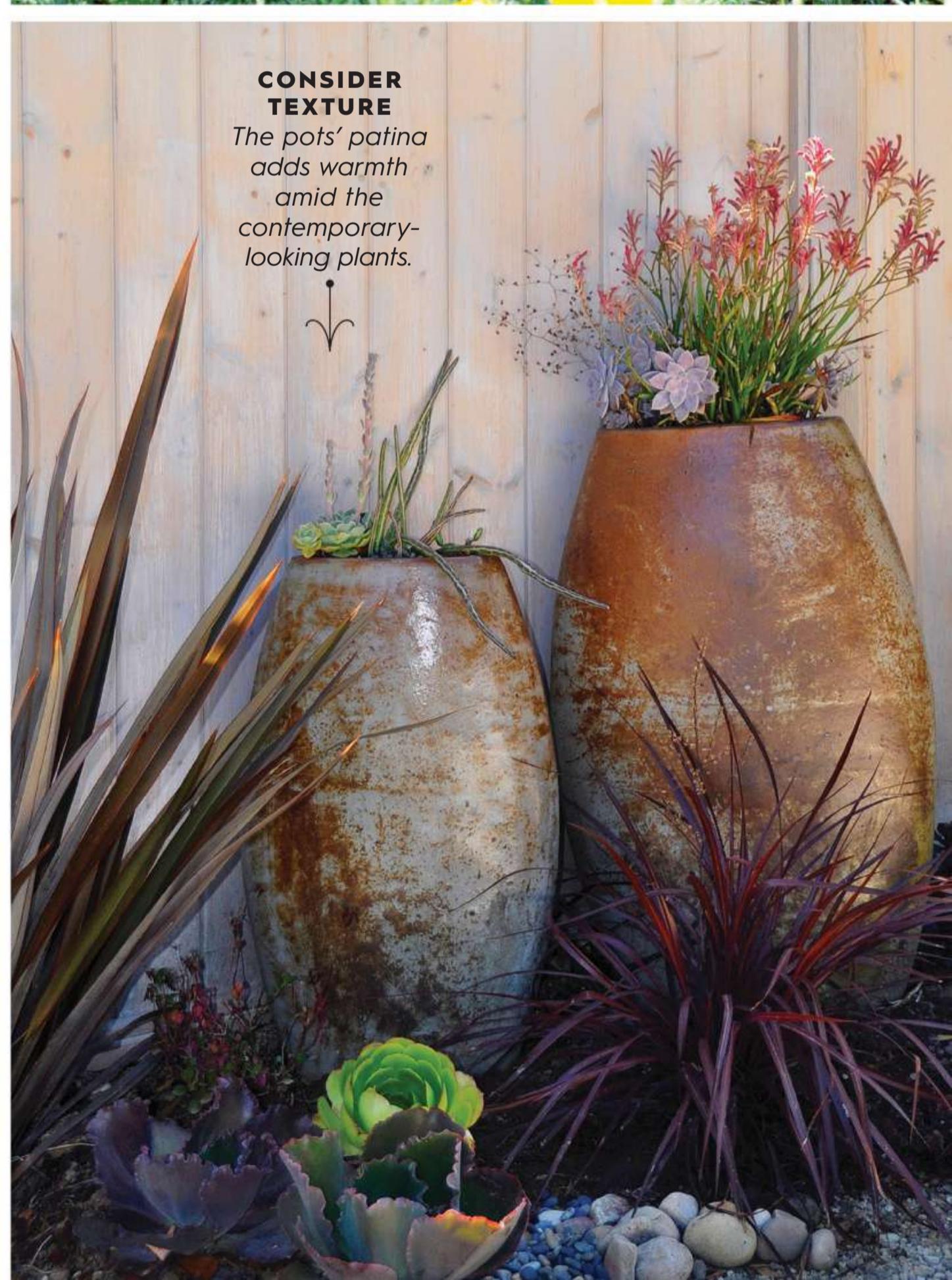
CATCH THE LIGHT

Elevate gold-tinged plants like ornamental grasses or these cordylines so they can shimmer in the sunlight.

**CREATE A
BUFFER**

A stone patio around the house helps keep gravel from being tracked inside.

Tuftsof green soften paths of geometric concrete pavers and gravel. Although the plants vary—grasslike sedge, clipped boxwood, and fuzzy lamb's-ear—they share a similar spherelike shape.





Margie Grace works a few surprises into the calm and consistent design.

A custom firepit, *far left*, made from a repurposed industrial propane tank and filled with crushed clear glass, sits at the center of the outdoor living room. A gravel frame ties the firepit to the rest of the yard.

The majority of Margie's garden relies on foliage, but she plants a handful of water-wise flowers for color. In this pocket, *above left*, bright orange California poppies, which reseed themselves each year, mix with fern leaf lavender. (Get a similar look with other garden poppies suited to your growing zone.)

Tall pots, *left*, bring low-growing plants to eye level for some height in a narrow border.

A gravel path lined with tufts of grass, *far left*, leads through whimsical purple arbors (Gracie Modern Arbors by TerraTrellis) that function as sculpture. Margie hung strings of mirrored garland on them and calls this the "Purple Rain" garden.



The dirt on gravel

Gravel is a versatile element that suits a wide variety of garden styles: sleekly contemporary, casual and friendly, or Versailles-level formal. The material visually connects different areas in the yard and serves as soothing negative space. Practically, it can be used for a driveway, a walkway, or as mulch, planted (as Margie does) with unthirsty grasses. It's flexible, not particularly expensive, and less permanent than concrete.

CHOOSE

Gravel comes in a range of colors, including tawny browns and cool grays. When choosing gravel, Margie brings all the materials she plans to use to make sure the colors harmonize. "I get a chunk of the paving stone I'm going to use into the back of the car," she says. She recommends crushed gravel for driveways but larger rocks, at least $\frac{3}{8}$ inch, for areas that will have leaves blown off them.

2 INSTALL

Margie uses gravel directly on soil, although gardeners in rainier regions should use a base layer of landscape cloth to keep the gravel out of the mud. Prepare soil by leveling and firming it. A $\frac{1}{2}$ - to 1-inch-thick layer of gravel is plenty. If you can make distinct footprints, it's too deep. Where people will walk in bare feet, use smooth concrete or stone pavers.

3 MAINTAIN

Although it's an effective mulch, weeds can still take root in gravel. About once a month, Margie uses a stirrup hoe to dispense with them while they're young—before they go to seed. Occasional raking keeps gravel looking neat, and leaf-blowing a few times a season clears fallen leaves. Every few years, replenish spots that look thin and get a lot of traffic. ■



RECIPES FROM PAGES 70-75

WE'RE ALL EARS

FRESH CORN SALAD WITH STONE FRUIT & HERBS

START TO FINISH 30 min.

- 2 pita bread rounds, split horizontally
- 3 ears corn, husks and silks removed
- 2 to 3 nectarines, plums, and/or peaches, sliced or chopped
- 1 cup chopped sweet onion
- 2 green onions, white and green parts chopped
- 1/4 cup cider vinegar
- 1/2 cup coarsely chopped fresh mint and/or flat-leaf parsley

1. Preheat oven to 400°F. Place pita bread rounds on a baking sheet and brush with 2 Tbsp. olive oil. Bake 8 minutes or until crisp and golden brown. Break into bite-size pieces.

2. Cut corn kernels off cobs. In a large bowl toss corn with fruit, sweet onion, and green onions. Drizzle with vinegar and 1/4 cup olive oil; sprinkle with 1 tsp. salt and 1/4 tsp. *freshly ground black pepper*. Add herbs and pita pieces; toss. Season with additional salt and/or vinegar. Serve immediately. Serves 6.

PER SERVING 248 cal, 15 g fat (2 g sat fat), 507 mg sodium, 27 g carb, 3 g fiber, 8 g sugars, 4 g pro

CORN CROSTATA WITH TOMATILLOS & QUESO FRESCO

HANDS-ON TIME 20 min.

TOTAL TIME 1 hr. 30 min.

- 1 1/2 cups all-purpose flour
- 3/4 cup cornmeal
- 1/2 cup cold unsalted butter, cut into 1/2-inch cubes
- 3/4 lb. fresh tomatillos, husks removed, rinsed, and sliced 1/4 inch thick
- 2 to 3 heirloom tomatoes, sliced 1/4 inch thick
- 2 cups corn kernels (3 to 4 ears)
- 1 cup sliced onion
- 1 cup crumbled queso fresco (4 oz.)
- 1 egg
- Fresh basil leaves

1. For crust: In a food processor pulse flour, cornmeal, and 1/2 tsp. *kosher salt*. Add butter; pulse until butter is pea-size. Add 1/4 cup ice water. Pulse until dough is evenly moistened. Add 2 to 3 Tbsp. additional ice water, pulsing until dough comes together and you can squeeze it into a ball without it crumbling apart. Turn dough out, gather into a ball, flatten into a disk, fold in half, and repeat. (This helps make the crust flaky.) If dough is too sticky and difficult to handle, wrap and chill 30 minutes or until easy to handle.

2. Meanwhile, for filling: In a colander gently toss tomatillos and 1 tsp. *kosher salt*. Place tomatoes between layers of paper towels. Let both sit about 20 minutes so they release some of their liquid. Rinse tomatillos; pat dry with paper towels.

3. In an extra-large skillet heat 1 Tbsp. olive oil over medium-high. Add corn and onion. Cook and stir 6 to 8 minutes or until charred. Remove from heat.

4. Preheat oven to 425°F. On a lightly floured sheet of parchment paper roll dough into a 13-inch circle. Transfer dough with parchment to a large baking sheet. Crumble 3/4 cup of the queso fresco evenly over dough, leaving a 1 1/2-inch border. Arrange half of the tomatillos on top, overlapping as necessary. Top with approximately three-fourths of the corn mixture.

Arrange tomatoes and the remaining tomatillos on top. Finish with remaining corn mixture. Fold dough border over edge of filling, pleating as necessary.

5. In a small bowl stir together egg and 1 Tbsp. water. Brush exposed crust with egg wash. Drizzle the vegetables with 1 Tbsp. olive oil and sprinkle with 1/2 tsp. *kosher salt* and 1/4 tsp. *coarsely ground black pepper*. Bake crostata 40 minutes or until crust is browned. Let cool 5 to 10 minutes. Top with the remaining queso fresco and the basil. If desired, drizzle with additional olive oil. Serves 6.

PER SERVING 490 cal, 27 g fat (13 g sat fat), 85 mg chol, 546 mg sodium, 52 g carb, 5 g fiber, 8 g sugars, 12 g pro

SMOKY GRILLED CORN, POBLANO & CHEESE DIP

HANDS-ON TIME 15 min.

TOTAL TIME 4 hr. 30 min., includes chilling

- 1 large ear corn
- 2 poblano, Anaheim, and/or Hatch peppers
- 1 cup shredded sharp cheddar cheese (4 oz.)
- 1/2 cup shredded pepper Jack cheese (2 oz.)
- 1/2 cup mayonnaise
- 1 green onion, chopped
- 2 Tbsp. pickled jalapeños, chopped
- 1 tsp. Dijon mustard
- 1/2 tsp. smoked paprika
- Chopped fresh cilantro (optional)
- Dippers such as crudités, crackers, and/or tortilla chips

1. Fold back corn husk, remove silks, and replace husk. Grill corn and peppers, covered, over medium-high 15 minutes or until well-charred, turning occasionally. Set corn aside. Place peppers in a bowl, cover, and let stand until cool enough to handle.

2. Remove charred skins, stems, and seeds from peppers; chop. Remove husk from corn cob, and cut corn kernels off cob. If desired, set aside some corn for garnish.

3. In a large bowl stir peppers, corn, cheeses, mayo, green onion, jalapeños, mustard, and paprika until combined.

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Season with *kosher salt* and *black pepper*. Cover; chill at least 4 hours.

4. If desired, top with reserved corn, the cilantro, and/or additional smoked paprika or chopped green onion. Serve with dippers. Makes 2 cups.

PER 2 TBSP. DIP 102 cal, 9 g fat (3 g sat fat), 13 mg chol, 183 mg sodium, 3 g carb, 3 g pro

SUMMER RISOTTO WITH CORN BUTTER & SHRIMP

The traditional rice used in risotto is the Italian short-grain Arborio. If you can't find it, try Carnaroli, another Italian varietal but with a medium grain, a higher starch content, and a firmer texture than Arborio.

HANDS-ON TIME 20 min.

TOTAL TIME 1 hr. 20 min.

3 ears corn, husks and silks removed
1½ lb. large shell-on shrimp (21- to 25-count)
1 large lemon
½ cup chopped fresh tarragon and/or flat-leaf parsley
2 green onions, chopped
5 garlic cloves, minced
4 cups vegetable broth
1 cup finely chopped onion
1½ cups Arborio or Carnaroli rice
¾ cup dry white wine
2 bay leaves
2 cups cherry, grape, and/or mini heirloom tomatoes, halved
1 cup grated Parmesan cheese (optional)

1. For corn butter: Cut corn kernels off cobs; reserve 1 cup kernels. Place remaining corn in a food processor. Use the back of a knife to scrape the milky juices from the cobs into the food processor; reserve cobs. Process corn until smooth. Press through a fine-mesh sieve into a saucepan; discard solids. Cook corn juices over medium about 5 minutes or until thickened. Transfer to a bowl. Cover; chill until ready to use. (Corn butter can be made several days ahead and refrigerated.)

2. For shrimp: Remove and reserve shells for stock. Devein shrimp and rinse under cold water. Remove zest and

squeeze juice from lemon. In a large bowl combine shrimp, lemon zest and juice, ¼ cup olive oil, ¼ cup of the tarragon, the green onions, garlic, 1 tsp. *kosher salt*, and ½ tsp. *freshly ground black pepper*. Toss to coat. Cover and chill at least 30 minutes or up to 2 hours.

3. Meanwhile, for stock: Heat 2 tsp. olive oil in a large pot or Dutch oven over medium-high. Add shrimp shells; cook 3 minutes or until pink, stirring occasionally. Add reserved corncobs, the vegetable broth, 2 cups water, and ½ tsp. *kosher salt*. Bring to boiling over medium-high; reduce heat to medium-low. Simmer, uncovered, 30 minutes. Strain solids and measure the stock. You should have 4½ cups; if not, add water or purchased broth. Return stock to pot. Warm over low. (Stock can be made several days ahead and refrigerated. Bring to a simmer before using.)

4. For risotto: In a Dutch oven heat 1 Tbsp. olive oil over medium-high. Add finely chopped onion and season with *kosher salt* and *ground black pepper*. Cook 5 minutes or until tender, stirring occasionally. Add rice; cook and stir 2 minutes or until it smells toasty and looks translucent around the edges. Add white wine and bay leaves; cook 2 minutes or until liquid is absorbed. Add about 1 cup of the hot stock; cook until liquid is absorbed, stirring frequently. (Stirring helps release starch in the rice.) Repeat with the remaining stock, adding 1 cup at a time and stirring frequently after each addition. When rice is tender, season with salt and pepper. Remove from heat; cover to keep warm.

5. Heat an extra-large skillet over medium-high. Add shrimp mixture and tomatoes. Cook 3 to 5 minutes or until shrimp are opaque and tomatoes have started to collapse, stirring frequently. Remove bay leaves from risotto. Stir corn butter, cheese (if using), and remaining tarragon into risotto. Serve topped with shrimp and reserved corn kernels. Serves 6.

***TIP** Shrimp stock adds a lot of flavor, but you can skip this step and use

Corn Prep

For tips on prepping, blanching, freezing, and cutting kernels off the cob without making a mess, go to BHG.com/CutCorn.

4½ cups vegetable broth or reduced-sodium chicken broth.

PER SERVING 376 cal, 6 g fat (1 g sat fat), 159 mg chol, 591 mg sodium, 51 g carb, 2 g fiber, 5 g sugars, 25 g pro

BUTTER-BRAISED CORN ON THE COB

START TO FINISH 25 min.

1 cup milk
½ cup unsalted butter
4 large garlic cloves, smashed
2 Tbsp. chili powder
1 Tbsp. ground cumin
4 ears corn, husks and silks removed
 Cheddar cheese, sliced green onions, and/or thinly sliced jalapeño pepper (optional)

1. In a large pot or Dutch oven bring 4 cups water to boiling over medium-high. Add milk, ¼ cup of the butter, two of the garlic cloves, 1 Tbsp. of the chili powder, 1½ tsp. of the cumin, and 1½ tsp. *kosher salt*. When butter is melted, add corn, arranging ears to keep them submerged; cover. Reduce heat to a simmer; cook 5 to 8 minutes.

2. Meanwhile, soften remaining ¼ cup butter and mince remaining two garlic cloves. In a small bowl stir together softened butter, minced garlic, the remaining 1 Tbsp. chili powder and 1½ tsp. cumin, and ½ tsp. *kosher salt*.

3. Serve corn with butter mixture and a spoonful of the cooking liquid. If you like, top with cheese, green onions, jalapeño slices, and/or additional chili powder.

Serves 4.

PER SERVING 191 cal, 13 g fat (8 g sat fat), 31 mg chol, 213 mg sodium, 19 g carb, 3 g fiber, 6 g sugars, 4 g pro

SWEET CORN PANNA COTTA WITH CHERRY-VANILLA COMPOTE

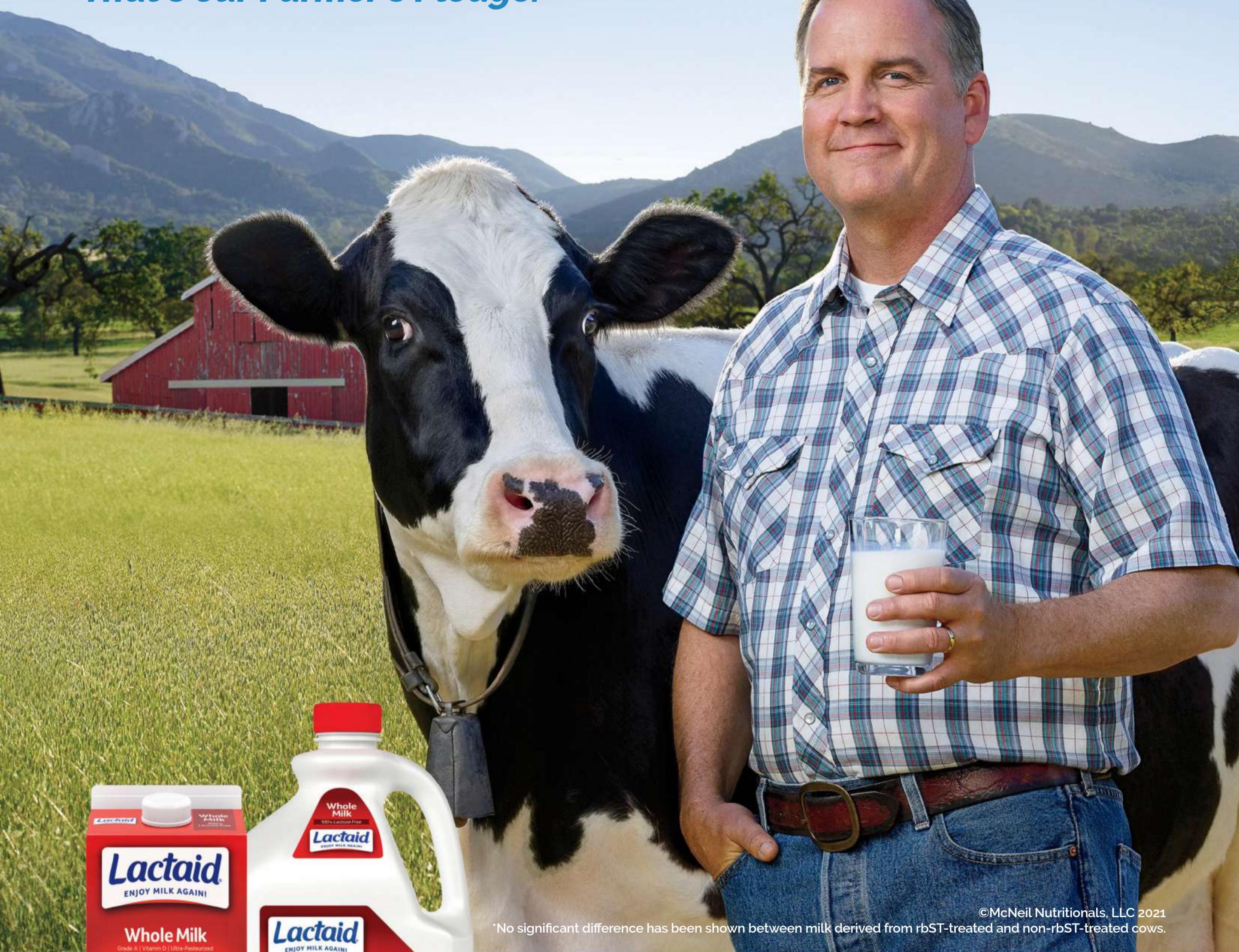
HANDS-ON TIME 30 min.

TOTAL TIME 4 hr. 30 min.

2 ears corn, husks and silks removed
1 0.25-oz. envelope unflavored gelatin
2 cups heavy cream
½ cup honey

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MADE TO HELP FILL YOU UP



Kellogg's
Frosted
Mini Wheats
ORIGINAL

cookbook

1 vanilla bean, split
1 lb. fresh sweet cherries, stemmed, pitted, and halved, or 2 cups frozen pitted sweet cherries
¼ cup sugar
2 tsp. balsamic vinegar
½ cup caramel corn or kettle corn, crumbled if desired (optional)

1. For panna cotta: Refrigerate six 6-oz. ramekins until chilled.
2. Cut corn kernels off cobs and place in a food processor. Use the back of a knife to scrape the milky juices from the cobs into the food processor. Process until smooth. Measure 1 cup puree.
3. Place ¼ cup cold water in a small bowl; sprinkle gelatin evenly over top. Let stand 5 minutes.
4. In a large saucepan combine corn puree, cream, honey, and ¼ tsp. kosher salt. Use back of a knife to scrape seeds from half of the vanilla bean. Add seeds and bean half to pan. Heat cream mixture over medium until just boiling. Remove from heat.
5. Stir gelatin into the hot cream mixture until dissolved. Strain mixture through a fine-mesh sieve into a large liquid measuring cup or bowl with a pouring spout, gently pressing on the solids to extract the liquid. Rinse the vanilla bean half and reserve it for cherry compote; discard remaining solids. Divide cream mixture among ramekins. Refrigerate, uncovered, 4 to 24 hours or until set.
6. For compote: In a medium saucepan combine cherries, sugar, a pinch kosher salt, and 2 Tbsp. water. Cover and cook over medium 5 minutes or until cherries release some of their juices, stirring occasionally. Scrape seeds from remaining vanilla bean half. Add seeds and both

bean halves to pan. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes or until cherries are tender, stirring occasionally. Discard vanilla bean. Stir in balsamic vinegar. Use warm or refrigerate.

7. Run a knife around the edge of each ramekin and invert onto a serving plate (or serve in ramekin). Serve cold, topped with cherry compote and (if using) caramel corn. Makes 6.

PER PANNA COTTA 430 cal, 29 g fat (19 g sat fat), 90 mg chol, 101 mg sodium, 41 g carb, 2 g fiber, 35 g sugars, 5 g pro

RECIPES FROM PAGES 14-18

HAVE A SPARKLING FOURTH

MINI CUPCAKES

HANDS-ON TIME 25 min.
TOTAL TIME 2 hr.

1½ cups all-purpose flour
¾ tsp. baking powder
¼ tsp. baking soda
⅓ cup butter, softened
1⅓ cups sugar
1 tsp. vanilla
3 egg whites
1 cup buttermilk
¼ tsp. red gel food coloring



EASY SWAP

In place of a pastry bag, roll a triangular piece of parchment paper into a cone. Fold ends over top edge to secure. Drop a medium star tip into the bag, trim tip from the cone, and pipe per recipe.

BROUGHT TO YOU BY REYNOLDS KITCHENS®

1. Preheat oven to 350°F. Line forty-eight 1¾-inch muffin cups with paper bake cups.
2. In a small bowl stir together flour, baking powder, baking soda, and ½ tsp. salt.
3. In a medium bowl beat butter with a mixer on medium to high 30 seconds. Add sugar and vanilla. Beat until well-combined. Add egg whites all at once. Beat on medium-high 2 minutes. Alternately add flour mixture and buttermilk to butter mixture, beating on low just until combined.
4. Remove ½ cup of the batter to a small bowl; stir in

10 LAYERS OF WHEAT IN EVERY BITE

red gel food coloring. Place tinted batter in a resealable plastic bag; cut off corner.

5. Spoon plain batter into the prepared muffin cups, filling each about two-thirds full. Drizzle red batter over each. Use a toothpick to marble batters.

6. Bake 12 minutes or until tops spring back when lightly touched. Remove and let cool in pan(s) 5 minutes. Remove; let cool completely.

7. Use a clean small paintbrush to brush stripes of blue gel food coloring inside a pastry bag fitted with a large star tip. Spoon Creamy White Frosting into bag. Pipe frosting onto cupcakes. If desired, top with sprinkles. Makes 48.

CREAMY WHITE FROSTING In a large mixing bowl beat 1 cup *shortening*, 1½ tsp. *vanilla*, ½ tsp. *almond extract*, and ¼ tsp. *salt* with a mixer on medium 30 seconds. Slowly add 2 cups *powdered sugar*, beating well. Add 2 Tbsp. *milk*. Gradually beat in an additional 2 cups *powdered sugar* and 1 to 2 Tbsp. *milk* to reach piping consistency. Makes about 3 cups.

PER CUPCAKE 126 cal, 6 g fat (2 g sat fat), 4 mg chol, 48 mg sodium, 18 g carb, 15 g sugars, 1 g pro

STARS & STRIPES ICE CUBES

HANDS-ON TIME 15 min.

TOTAL TIME 5 hr. 15 min., includes freezing

1¼ cups fresh raspberries and/or strawberries

½ cup chilled canned coconut milk

1¼ cups fresh blackberries

In a food processor or blender process raspberries until smooth. Divide into ice cube tray(s) (16 standard cubes; eight large cocktail cubes). Freeze 1 hour. Top raspberry layer with coconut milk; freeze 1 hour. In a food processor or blender process blackberries until smooth. Spoon over coconut milk layer; freeze 3 to 4 hours or until firm.



SHEET-PAN FLAG NACHOS

Simply hover your smartphone camera over the code to watch a how-to video on building your sheet-pan nachos.

Remove cubes from tray(s). Place in an airtight or resealable freezer container. Freeze up to 2 months. Makes 16 standard-size or 8 cocktail-size ice cubes.

PER STANDARD-SIZE CUBE 21 cal, 1 g fat (1 g sat fat), 1 mg sodium, 3 g carb, 1 g fiber, 1 g sugars

SHEET-PAN FLAG NACHOS

HANDS-ON TIME 10 min.

TOTAL TIME 45 min.

2 10-oz. containers cherry tomatoes
1 cup finely chopped red bell pepper
3 garlic cloves, minced
1 15- to 16-oz. can refried beans
2 cups blue corn tortilla chips
6 cups white corn tortilla chips
2 cups shredded Monterey Jack, Chihuahua, or white cheddar cheese (8 oz.)
1 8-oz. carton sour cream
1 Tbsp. lime juice

1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil. In the pan combine cherry tomatoes, bell pepper, garlic, 2 Tbsp. olive oil, ½ tsp. *salt*, and ¼ tsp. *black pepper*; toss to combine. **2.** Roast tomato mixture 12 minutes or until softened, stirring once. Using foil, remove tomato mixture from pan. Let tomato mixture and pan cool 15 minutes.

3. Spread beans in cooled pan. With long side of pan facing you, place blue chips in the upper left-hand corner. Arrange stripes of tomato mixture and white corn chips. Sprinkle cheese over chips. Bake 5 minutes or until cheese melts.

4. Meanwhile, stir together sour cream and lime juice. If desired, place some of the mixture in a pastry bag fitted with a small star tip. Pipe (or dollop) sour cream stars on blue chips. Serve with remaining sour cream mixture and, if desired, salsa. Serves 8.

PER SERVING 397 cal, 25 g fat (10 g sat fat), 42 mg chol, 631 mg sodium, 32 g carb, 5 g fiber, 4 g sugars, 13 g pro



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NEW!

A CEREAL FOR CINNAMON ROLL LOVERS TO LOVE



NEW!



cookbook

RECIPES FROM PAGES 52-57

POP STARS

RAINBOW FRUIT POPS

HANDS-ON TIME 20 min.

TOTAL TIME 20 min., plus freezing 4 hr.

- 2 kiwis
- 1 cup fresh raspberries
- 1 cup cut-up peeled fresh peaches and/or mango
- 1 cup fresh blackberries

1. In a blender or food processor puree each fruit separately until smooth.
2. Divide kiwi puree among eight 3-oz. ice-pop molds. Repeat with raspberry puree, peach puree, and blackberry puree. Insert sticks; cover and freeze at least 4 hours or until firm. Makes 8.

EACH POP 35 cal, 1 mg sodium, 8 g carb, 3 g fiber, 5 g sugars, 1 g pro

AFFOGATO POPS

HANDS-ON TIME 40 min.

TOTAL TIME 2 hr. 40 min., plus freezing 6 hr.

- 1 vanilla bean, split*
- 1 cup milk
- 2 cups heavy cream
- 12 egg yolks
- 1/3 cup granulated sugar
- 1 cup espresso or strong coffee
- 1/3 cup packed brown sugar

1. Use back of knife to scrape seeds from the vanilla bean halves.* In a medium saucepan bring milk, 1 cup of the cream, and the vanilla bean seeds to a simmer. In a small bowl whisk together six of the egg yolks and the granulated sugar. Add half of the hot milk mixture to the egg mixture, whisking constantly. Pour all of the mixture into the saucepan. Cook and stir until mixture just coats the back of a metal spoon. Transfer to a medium bowl. Cover surface with plastic wrap; chill 2 hours.

2. In a medium saucepan bring espresso and remaining 1 cup cream to a simmer. In a small bowl whisk together remaining six egg yolks and the brown sugar. Add half of the hot espresso mixture to the egg yolk

mixture, whisking constantly. Pour all of the mixture into the saucepan. Cook and stir 1 to 2 minutes or until mixture just coats the back of a metal spoon. Transfer to a medium bowl. Cover surface with plastic wrap; chill 2 hours.

3. Alternately spoon chilled vanilla and espresso mixtures into twelve 3-oz. ice-pop molds. Mixtures will swirl together. Insert sticks; cover and freeze at least 6 hours or overnight. Makes 12.

***TIP** After you've scraped the seeds from the vanilla bean halves, bury the halves in sugar or drop them into a bottle of pure maple syrup.

PER POP 247 cal, 19 g fat (11 g sat fat), 231 mg chol, 30 mg sodium, 14 g carb, 14 g sugars, 5 g pro

STARS & SHAPES

Our Test Kitchen culinary experts sing the praises of silicone. The food-safe material makes unmolding pops and cubes easy.



WAY TO CELEBRATE STAR CANDY MOLD

We used these silicone candy molds for our "stars on ice" cover and the cubes in "Have a Sparkling Fourth." Fill them to varying levels to create different size stars. \$4; walmart.com



HATATIT DIAMOND AND SQUARE MOLDS

Soft, nonstick, leakproof molds lie flat in the freezer and are oven-safe too. Cakeicle, anyone? \$12 for two; amazon.com

CHILE-MANGO POPS

HANDS-ON TIME 15 min.

TOTAL TIME 15 min., plus freezing overnight

1/2 cup sugar
3 cups seeded, peeled, and chopped mangoes (2 mangoes)
2/3 cup lime juice
1/2 tsp. ground ancho pepper

1. In a blender combine sugar and $\frac{1}{2}$ cup water. Let stand 5 minutes to soften sugar. Add mangoes, lime juice, and ground pepper. Cover and blend until smooth.

2. Spoon mixture into ten 3-oz. ice-pop molds. Insert sticks; cover and freeze overnight. Makes 10.

PER POP 74 cal, 12 mg sodium, 19 g carb, 1 g fiber, 17 g sugars, 1 g pro

CHOCOLATE-TOFFEE SQUARES

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr. 50 min., plus freezing overnight

1 1/2 qt. vanilla ice cream, softened
9 wooden craft sticks
20 oz. semisweet chocolate, chopped
4 tsp. vegetable oil or shortening
1/2 cup almond toffee bits

1. Line an 8-inch square baking pan with foil or parchment paper, extending foil or paper over edges. In a chilled large bowl stir ice cream until smooth. Spread in prepared pan. Cover with plastic wrap; freeze overnight.

2. Line a baking sheet with foil; freeze at least 20 minutes. Using foil, lift ice cream from pan and cut into nine squares; insert a stick into each.

Transfer to baking sheet; freeze 1 hour.

3. Meanwhile, melt chocolate and oil in a double boiler, stirring occasionally.

(Or combine chocolate and oil in a bowl and microwave on high 1 minute; stir. Microwave on high 45 seconds, stirring halfway.) Let cool 5 to 10 minutes or until about 100°F.

4. Dip each bar into chocolate. Sprinkle with toffee. Return to baking sheet; freeze 1 hour. If desired, wrap each bar; freeze up to 1 month. Makes 9.

PER BAR 585 cal, 36 g fat (20 g sat fat), 51 mg chol, 130 mg sodium, 59 g carb, 4 g fiber, 50 g sugars, 5 g pro

STRAWBERRY SHORTBREAD SQUARES

Prepare as directed, except use strawberry ice cream, white baking chips, and $\frac{1}{2}$ cup crushed shortbread cookies and 2 Tbsp. multicolor sprinkles.

BERRY-YOGURT ROCKET POPS

HANDS-ON TIME 20 min.

TOTAL TIME 2 hr. 20 min., plus freezing overnight

1 cup fresh raspberries or blueberries
2 Tbsp. sugar
1 Tbsp. lemon juice
2 to $2\frac{1}{2}$ cups vanilla Greek yogurt

1. In a small saucepan combine fruit, sugar, and lemon juice. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes or until thickened, stirring occasionally and using a potato masher to mash mixture as it cooks. (Or puree in a small blender or food processor after cooking.) Transfer to a bowl. Cover; chill 2 hours.

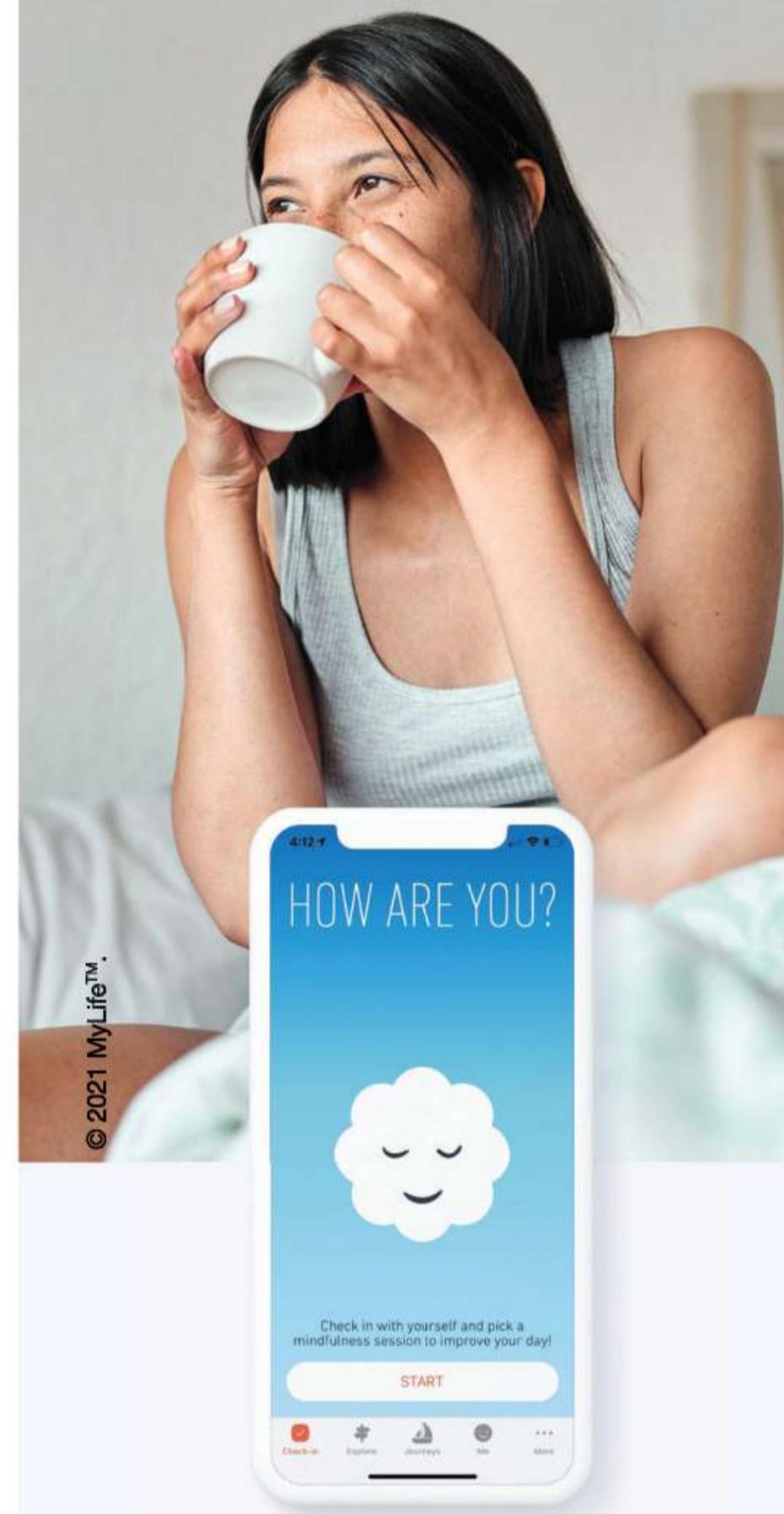
2. Alternate layers of yogurt and fruit mixture in eight to ten 3-oz. ice-pop molds. Insert sticks; cover and freeze overnight. Makes 8.

PER POP 96 cal, 4 g fat (3 g sat fat), 14 mg chol, 34 mg sodium, 13 g carb, 1 g fiber, 11 g sugars, 2 g pro ■

RULES FOR SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules at BHG.com/Sweepstakes/Daily. There will be one Daily Giveaway Sweepstakes per day. Entries must be received by 11:59 p.m. E.T. each day. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per email address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

9:05 pm — **Stressed**
10:30 pm — **Tired**
11:16 pm — **Exhausted**
12:14 am — **Content**
6:37 am — **Restless**
7:45 am — **Motivated**



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With regular exercise, you're

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percent less likely to have very frequent migraines.

Researchers tracked roughly 4,600 people who get this type of headache and found that those who logged at least 150 minutes of physical activity weekly had fewer migraines.

Participants also reported better sleep and less depression and anxiety. All it takes is low-impact exercise, such as cycling or brisk walking.



July 12 is National Simplicity Day, honoring the life and insights of author Henry David Thoreau.

Incorporate elements of his philosophy (living simply in natural surroundings) by limiting the use of technology—even by an hour—and spending 10–15 minutes in nature.

LET'S ALL SCREAM FOR ICE CREAM ON JULY

18

A scoop of this creamy treat supplies calcium and protein. When you're looking to curb calories and fat, watch for this lingo: *Low-fat* has 3 g or less per 1/2-cup serving; *nonfat* has less than 0.5 g. *Reduced-fat* has 25 percent less fat than that brand's full-fat version; *light* has at least half the fat or calories of that brand's original.



 Fruits and veggies have antioxidants that lower your risk of disease.

Five servings of produce daily can help you live longer.

THE IDEAL BREAKDOWN:

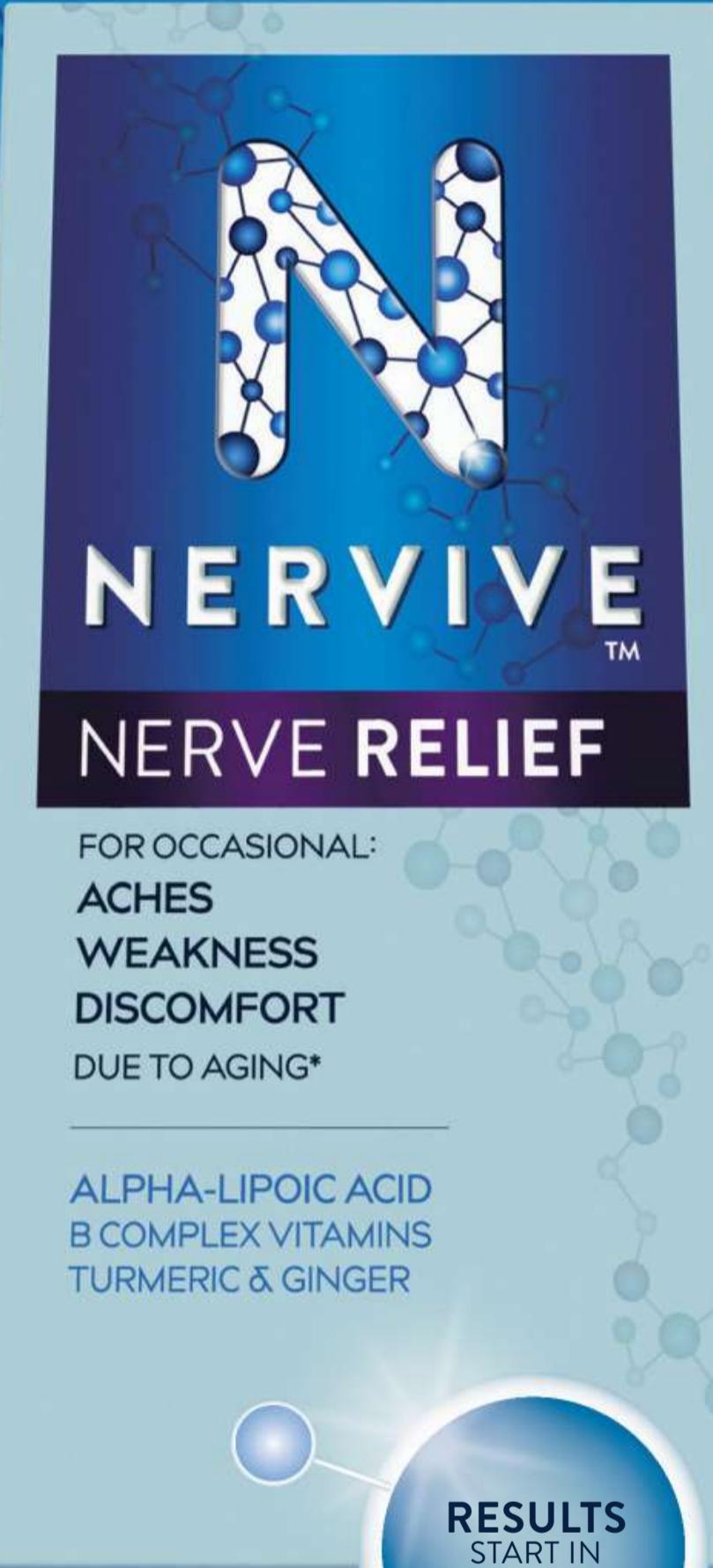
3 servings of vegetables and 2 servings of fruit.

A new study in *Circulation* reports that people who ate this amount of produce daily lowered their risk of early death (including from cancer and heart disease) by 13 percent. One serving = 1 cup raw or 1/2 cup cooked veggies, 1/2 cup fresh or frozen fruit, 1 apple or orange. Keep fresh fruit out and slice veggies so they're grab-and-go.

Americans, on average, spend \$175 on gasoline each month.

To keep costs down (especially during summer road trip time), consider joining gas station loyalty programs and/or signing up for a cash-back credit card. Another option is to use an app such as GasBuddy or Gas Guru, which scout the cheapest gas prices, or GetUpside, which gives you cash back every time you fill up at participating stations.

INTRODUCING NERVIVE



FROM THE
**WORLD'S #1 SELLING NERVE CARE
COMPANY[†]**

[†]Nicholas Hall's global CHC database, DB6, 2019 value sales at MSP

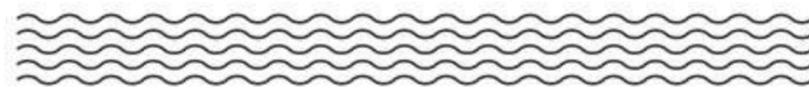
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



WATER WORKS!

There's a special aah factor in swimming. No matter what appeals to you—the meditative aspect of laps, the adventure of open water, or the energy of aquatic fitness—we've suited you up to get the most out of the exercise.

→ *try lap swimming* **IF YOU LIKE TO GET INTO THE GROOVE**



Swimming laps gives you a full-body aerobic workout that can burn as many calories as running or cycling while being much easier on the joints. "Swimming is a gentle way to move your body but can be as intense as you want, depending on how much effort

you put into it," says Marni Sumbal, M.S., R.D., a triathlon coach and author of *Athlete to Triathlete*.

MAKE A SPLASH

■ **Refine your stroke.** To get the most out of your lap time, focus on sharpening technique. "If your form is off, your muscles won't benefit from going faster;

you'll just get out of breath," Sumbal says. Consider taking a stroke clinic at your community pool.

■ **Break it up.**

Staring at the black line on the bottom of the pool can be relaxing—or boring after a while, says Julie Stupp, a U.S. Olympic Swimming Trials finalist and triathlete. Ward off boredom with variety. "A workout that gives you time and speed challenges helps improve

your fitness and encourages you to work harder," Stupp says. You can find numerous options online, such as 100swimmingworkouts.com.

■ **Hydrate.** It might not seem like it, but as with any other activity "you sweat in the water, and the warmer the pool, the more you will sweat," Sumbal says. Drinking H2O before you jump in and keeping a water bottle on the pool deck can help you stay hydrated.



TAP INTO TUNES

Attach these to your goggle straps and the sound waves go through your bones instead of your ears. With 4GB of memory, they'll hold up to 1,000 songs. Finis Duo; \$140; swimoutlet.com

◀ **THE RIGHT STROKES** Strap paddles to your hands (for freestyle, back, or breaststroke) to increase resistance as you swim laps to build upper body strength. They also help develop proper stroke mechanics. Sporti Power Swim Paddles, \$9; swimoutlet.com



When you're living with moderate to severe plaque psoriasis or psoriatic arthritis, little things can become your big moment.



APPROVED USES

Otezla® (apremilast) is a prescription medicine approved for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate. Otezla is a prescription medicine approved for the treatment of adult patients with active psoriatic arthritis.

IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, or suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, or suicidal thoughts or behavior. Be sure to

tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, upper respiratory tract infection, runny nose, sneezing, or congestion, abdominal pain, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

*Certain restrictions apply; eligibility not based on income.

AMGEN

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Otezla®
(apremilast) 30mg tablets

show *more* of you

To see before and after results, please scan the QR code.



Pay \$0 for Otezla



The \$0 co-pay* program

Most people with private insurance **pay nothing out of pocket** for their prescription.

After you're prescribed, you have the same opportunity to save.

How to get the \$0 co-pay offer:

1. **Go to otezla.com/copay**
2. Call **1-844-4OTEZLA** (1-844-468-3952)
3. **Ask your doctor** about the \$0 co-pay card

We've got you covered

If you have private insurance and are experiencing delays or your private insurance doesn't cover Otezla, you may be eligible for **free medication** through the **Otezla Bridge Program**.[†]

If you have government-issued insurance (Medicare or Medicaid) or are uninsured/underinsured, you may be eligible for the **Patient Assistance Program**.

If you have lost prescription coverage during this pandemic, please contact **Otezla SupportPlus™**. They will work with you to find the right resources to help you with your treatment.

For all Otezla savings questions:
call 1-844-4OTEZLA (1-844-468-3952)



*Certain restrictions apply; eligibility not based on income, must be 18 years or older. This offer is not valid for persons eligible for reimbursement of this product, in whole or in part under Medicaid, Medicare, or similar state or federal programs. Offer not valid for cash-paying patients. People who are not eligible can call 1-844-4OTEZLA to discuss other financial assistance opportunities.

†To receive a free bridge supply of Otezla, you must have an on-label diagnosis and be denied or experiencing a delay in obtaining coverage. Federal, State, or similar insurance plans are not eligible for Bridge. Once Otezla is approved by your commercial insurance plan, you will no longer be eligible for the Bridge Program.

Brief Summary of Prescribing Information OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

Rx Only

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA?

OTEZLA may cause serious side effects:

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of adult patients with active psoriatic arthritis.

OTEZLA is a prescription medicine used for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?

Tell your doctor if you:

- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?

• OTEZLA may cause serious side effects. See **"What is the most important information I should know about OTEZLA?"**

• **Common side effects** of OTEZLA are:

- diarrhea
- nausea
- headache
- vomiting
- upper respiratory tract infection
- tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

SWIMMING RANKS
4th
IN POPULARITY OF SPORT ACTIVITIES IN THE U.S.

CHOOSE YOUR GOGGLES

Eye protection helps you swim more comfortably, especially in chlorinated pools.



Designed to fit women's facial contours, these are streamlined with a wide peripheral range of vision. **Vesi Women's Goggles, \$15; tyr.com**



Great for the open water, a wide lens gives more eye protection, and mirrored lenses deflect glare. **Aquasphere Kayenne Mirrored Lens Goggles, \$35; aquaspherewswim.com**



A snug fit and antifog lenses that give a panoramic view make these good for lap swimming. Bonus: They provide UV protection. **Vanquisher 2.0, \$22; speedousa.com**

THANKS TO YOUR NATURAL BUOYANCY, MUSCLES CAN RELAX.



→try open water IF YOU WANT SOME ADVENTURE

There's a beauty to swimming in an ocean, lake, river, or other body of water with no walls or lane lines. "We've definitely seen an expansion around the world in open-water swimming," says Dan Simonelli, founder and director of the Open Water Swim Academy in San Diego.

MAKE A SPLASH

■ **Be safe.** Ideally, you should swim in an area with on-duty lifeguards. If that isn't an option, swim with a buddy or a group

and keep an eye on each other. Look up every few strokes to note any traffic (boats, other people) and hazards. "Have a target or landmark you look toward so you always know where you are," Stupp says. And swim parallel to the shoreline so you're never too far from land if you need a break or assistance.

■ **Breathe bilaterally.** If you swim freestyle, practice breathing on both sides. "This way, if conditions are choppy, with wind or waves coming from

one side, you can breathe away from the chop," Simonelli says. Breathing bilaterally also allows you to regularly monitor both directions for boats or other watercraft and swimmers.

■ Stay calm.

Some people can feel a little panicked when there's no wall to grab. Focus on your breathing. "The process of relaxing your breathing will help calm you so you can get into a flow," Simonelli says. "Continually go back to your breath."



↑

AHOY, MATE

This buoy makes you more visible to boaters for extra safety. Grab it if you a need to float for a bit. **\$30; newwave swimbuoy.com**



◀ A swim cap is a must to protect your hair from salt and chlorine. **\$10; swimoutlet.com**



FIT KIT

This all-in-one set will take your water workout up a notch: dumbbells, a flotation belt for deep water, and resistance gloves. \$55; tyr.com



FEET FIRST
A water shoe provides traction in the pool and protects your feet from getting scraped. Hydro Sport Water Shoe; \$65; ryka.com



try aquatic exercise IF YOU HAVE FUN SPLASHING AROUND

Aquatic workouts are a great way to improve your fitness and strength with little to no impact. "Fifty to 75 percent of gravity is eliminated when you're exercising in the shallow end with the water level at your waist or chest," says Yolande Berg, an aquatics rehab specialist. "When you exercise in deep water, 90 percent of gravity is eliminated." You're also getting resistance training as you work against the water.

MAKE A SPLASH

■ **Use tools.** Moving to music is fun, but certain gear increases the challenge. A few ideas: Gloves with webbing between the fingers up resistance, as do dumbbells; a flotation belt helps you stay upright in deeper water.

■ **Mix it up.** Staying in the shallow end for some exercises and the deep end for others creates a well-rounded workout, Berg says. "The shallower the water, the more

body weight and the easier the movement; the deeper the water, the less the body weighs but the harder it will be to move due to the drag of the water."

■ **Take a class.** Try an in-person class at your local Y or community center. Or download one at U.S. Masters Swimming (usms.org/workout-library). The Swim Coach app (swim.com) syncs with a smart watch.

WHAT YOU'LL BURN

The calories you'll shed per hour:*

AQUATIC FITNESS CLASS	374 calories
MODERATE LAP SWIMMING	395 calories
OPEN-WATER SWIMMING	408 calories
VIGOROUS LAP SWIMMING	400 calories
DEEPWATER JOGGING	666 calories

*Numbers based on a 150-pound person

STOP SWIMMER'S EAR » This bacterial infection happens when water gets trapped in the ear canal. Keep water out by wearing earplugs and/or a cap. Shake the water out of your ear right when you get out; hopping on one foot with your head to the side helps. Avoid using cotton swabs; they can damage the ear lining and cause an infection. ■

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PROTEIN

1g

SUGAR

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USERS REPORTED FEELING

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ENERGY

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Available in 4
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[‡] Survey of 1038 consumers 50+ who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.

Use as part of a healthy diet.

* 90% less sugar than Ensure® Original. Ensure Original 8 fl oz = 15g sugar vs Ensure Max Protein 11 fl oz - 1g sugar.

** Offers may vary. Valuation based on maximum collective savings of offers throughout duration of program.

† Vitamins C and E.

§ Contains 100 mg Caffeine



Satisfy your cat's wild side with delicious, meat-rich wet recipes.

Love them like family.
Feed them like family.®

better/pets

dog days of summer

Keep an eye on these factors to make sure your canine friends stay cool and healthy.

heat

Not only does the actual temperature matter but so does the heat index, which factors in humidity to calculate what the temp really feels like. If you can't bear to walk around outside for more than a few minutes, your dog shouldn't either. When the forecast is very hot, plan outings for early in the morning or late at night. Be sure your pet is kept in a cool environment indoors as well, says Elizabeth Yi, D.V.M., a critical care vet with the Metropolitan Animal Specialty Hospital in Los Angeles.

A note about heatstroke: All dogs are at risk, but some physical features increase the odds, says Zac Pilossoph, D.V.M., a Miami-

based consulting veterinarian for Healthy Paws. Short-nose breeds like pugs and bulldogs can't pant as effectively to cool down, and dogs with thick fur have trouble dissipating heat.

Never leave a dog in a car, even with windows down. The temp inside can rise 20°F to 30°F in an hour.

hydration

Just like humans, dogs need to drink more in the heat. Give them constant access to water at home and take a water bowl on outings. You can encourage them

to drink more by adding ice cubes. One clue your dog might be dehydrated is if she's not urinating as often as usual.

signs of distress

Symptoms of overheating or heatstroke include intense panting, excessive salivating or drooling, reddened face, extreme lethargy, unusually red tongue or gums, and wobbly, off-balance walking. Call the vet ASAP. And provide cool air through a fan or mister, or place a towel soaked in cool water on her belly. ■





BORN TO LOVE MEAT

A protein-rich food to satisfy the spirit of the lynx – BLUE Wilderness™ is made with more of the delicious meat cats crave. Each formula contains a precise blend of protein, fat and complex carbohydrates to help your meat-loving cat thrive while satisfying the carnivore that lives within.

Love them like family. Feed them like family.®



WET AGE-RELATED MACULAR DEGENERATION (WET AMD)

KEEP LIVING LIFE THROUGH YOUR EYES

TAKE CONTROL OF YOUR SIGHT WITH EYLEA.

If Wet AMD has impacted your eyes—and how you see life—fight back with EYLEA.

- EYLEA is **clinically proven to help improve vision**—which may help you read letters and see details more clearly
- EYLEA helped **maintain vision improvements for up to 4 years** with continued treatments in a clinical study

ASK A RETINA SPECIALIST ABOUT EYLEA.

INDICATIONS

EYLEA® (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

IMPORTANT SAFETY INFORMATION

EYLEA® (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.



#1 **FDA-APPROVED** treatment in its class
for patients with Wet AMD*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

For additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Consumer Brief Summary on the adjacent page.

*IBM Truven MarketScan data: Number of injections administered, from Q4 2018 through Q3 2019; Data on File.



(Pronounced: eye-lee-ah)

Consumer Brief Summary

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

How is EYLEA given?

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal detachment
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

What are possible side effects of EYLEA?

EYLEA can cause serious side effects, including

- See important safety information listed under "What is the most important information I should know about EYLEA?"

The most common side effects include

- Increased redness in the eye
- Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- Vitreous floaters
- Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregnant. It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you should be treated with EYLEA or breastfeed, but you should not do both

How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required for a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine product).

Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to your health care provider and see the full Prescribing Information at EYLEA.com.

REGENERON

Manufactured by:

Regeneron Pharmaceuticals, Inc.
777 Old Saw Mill River Road
Tarrytown, NY 10591

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Issue Date: November 2020

Initial U.S. Approval: 2011

based on the August 2019 EYLEA® (aflibercept) injection full Prescribing information.

5 sneaky signs you need an eye exam

The secret to keeping your vision sharp is catching problems as early as possible.

getting your vision checked regularly is a must. The main reason: Many conditions, such as glaucoma and age-related macular degeneration, don't have symptoms until they're advanced, says Barbara Horn, O.D., past president of the American Optometric Association. "Regular exams can detect eye conditions at a point when you can slow or prevent vision loss."

The following issues also warrant a trip to the eye doctor.

■ one
lots of headaches while you work
Your aching temples could be stress-related but may also be due to eyestrain. "Frequent headaches, especially if you spend a lot

of time in front of a computer screen, can be a sign that your vision has changed and your eyes are working harder than they need to," Horn says. Reading glasses or progressive lenses can help.

■ two
squinting more than usual

Bright sunlight causes everyone to blink or squint to some degree. (Everyone needs the protection of sunglasses, even in winter.) But if you find your reaction to sunshine is worsening, you may have a cornea problem.

Extreme sensitivity to light could also be a sign of eye dryness or strain from too much screen time; it can also be due to inflammation

in the eye, which may mean you have inflammation elsewhere in your body. If the eye doctor suspects that's the case, she'll refer you to another doctor to get checked out.

■ three
you get hit in or around the eye

Whether your eye gets smacked with your kid's favorite toy or hit by a snapped workout resistance band, get checked. "Your eyes are delicate organs; even if you feel OK, subtle things could be damaged," says Ashley Brissette, M.D., clinical spokesperson for the American Academy of Ophthalmology.

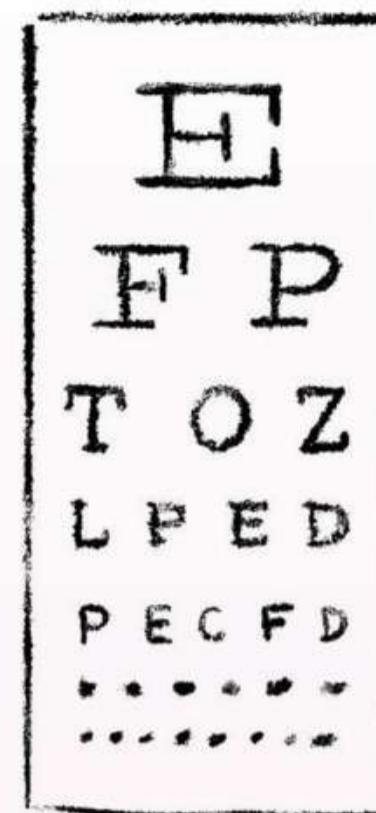
■ four
subtle changes to your sight

Things like floaters (specks drifting across

your vision), flashes of light, distortion, double vision, or decreased peripheral vision mean an eye exam is in order. "Anything that doesn't seem normal is a sign you should make an appointment," Horn says. "It could be nothing, or it could be urgent. You don't know until your doctor looks into your eye."

■ five
momentary loss of vision
If your vision goes black for a few seconds then slowly comes back, that can be a sign of various conditions impacting vision. At worst, it can indicate a mini stroke in your eye, which might put you at risk for a larger stroke, Brissette says. ■

PHOTO: THIR CHAY KHNG MIN/EYEEM/GETTY IMAGES; ILLUSTRATION: EDWIN FOTHERINGHAM



A PEEK INTO THE EXAM

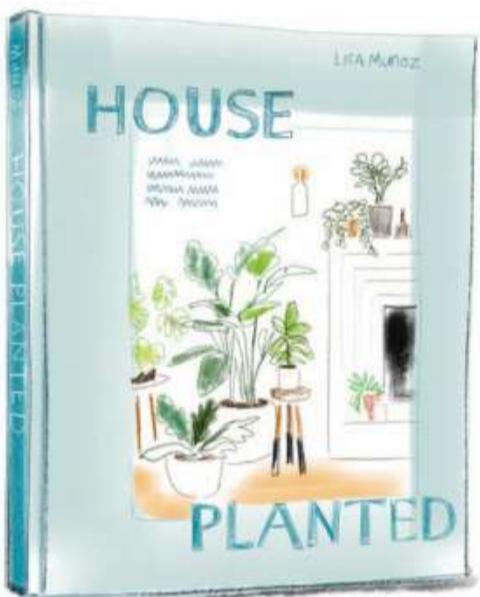
Eye health is a clue to overall health, so exams are crucial. The doctor checks depth perception, ability to see colors, peripheral vision, eye muscle movement, and pupil reaction to light. The doctor also looks at the blood vessels behind your eyes for indications of health issues.

"We can see signs of diseases like diabetes and hypertension," says Ashley Brissette, M.D.



object of my affection

"I get my love of plants from my grandmothers, June and Rafaela. I have dresses of theirs that I remember them wearing in the garden. They're too precious for me to wear gardening—only for special occasions."

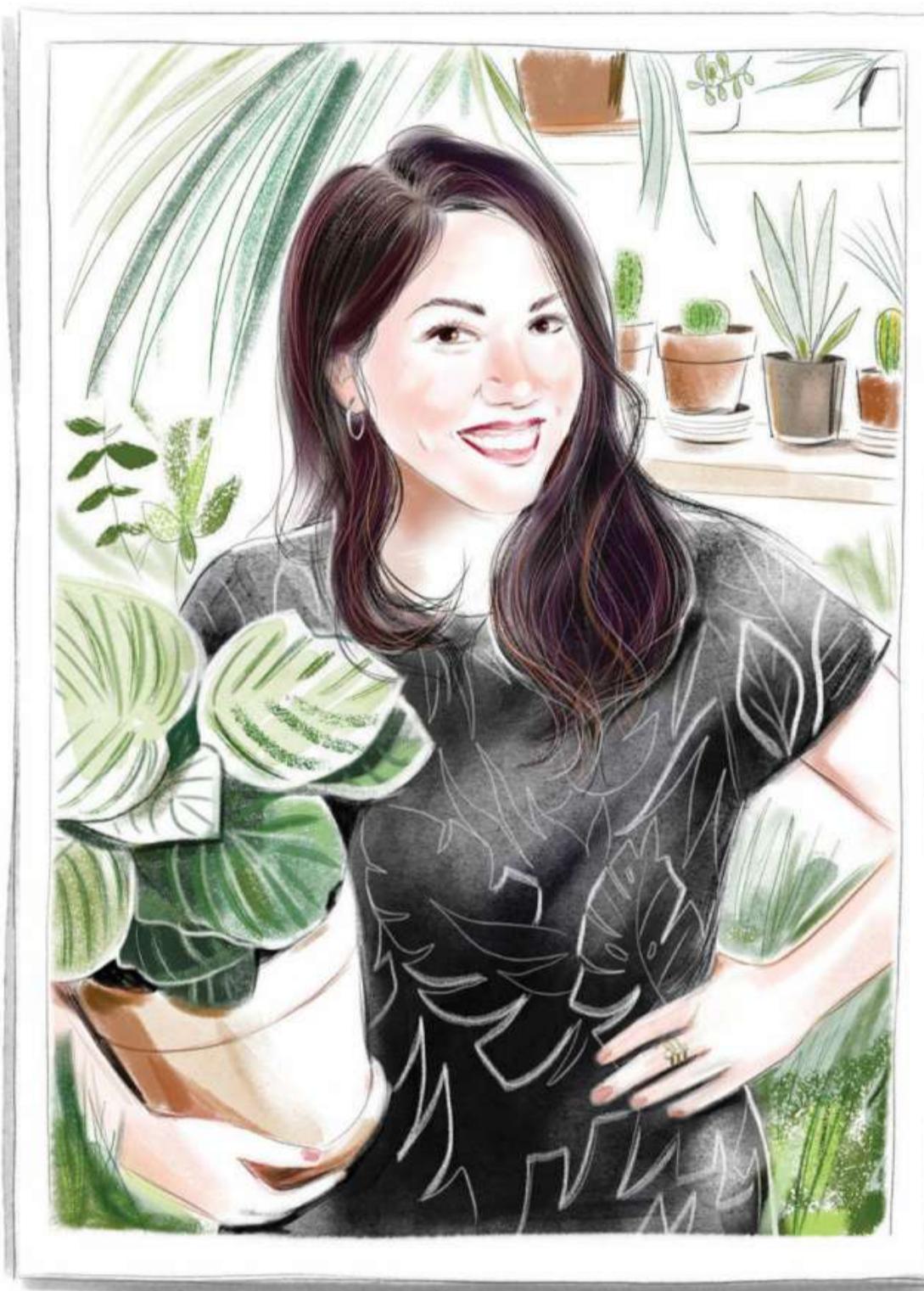


new project

Lisa's upcoming first book, *House Planted: Choosing, Growing, and Styling the Perfect Plants for Your Space* (\$17; penguinrandomhouse.com), explains how to pick plants that will fit your home, life, and style. "Plant relationships can be trying. Once you understand what a plant requires to thrive, the results are immensely rewarding."

“Don’t get discouraged if your plants lose leaves. It’s a part of the natural life cycle. It’s not always because you’ve done something wrong.”

“One of the most common mistakes new plant parents make is choosing a plant based on how a plant looks instead of what a plant needs. ”



LISA MUÑOZ

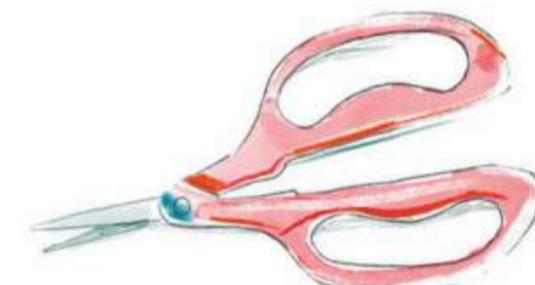
**COMBINING HER PASSION FOR
INTERIOR DESIGN AND GARDENING
TO FIND PLANTS TO FIT
EVERY SPACE AND STYLE.**

The love affair with houseplants keeps growing—even when plants don’t. Lisa can help. Owner of Leaf and June, an interior plant design store, she matches people and their spaces with the right plants. The Brooklyn-based gardener shares her best-loved finds and advice.



if I were a plant ...

"I’d be a green rubber tree (*Ficus elastica*). They’re robust with a classic upright growth habit, but they also have twists and turns that happen when branching out."



i can't garden without ...

"I always have my snips on hand. It’s a compact scissors-meets-pruner tool I use to cut off leaves and prune back stems." Try the Pocket Snips (\$15; gardeners.com).



latest discovery

"When I need a little nature escape, I go to *tree.fm*. You can listen to recordings of different forests from around the world." ■

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